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Kilmacud Crokes GAA Club

Cill Mochuda na Crócaigh



“KICK - START KILMACUD CROKES IS BACK FOR 2017”

**Will run for 8 - 10 weeks from January through to March.
Sessions will cover, Couch to 5k, Cycling, Pilates, Yoga,
Circuit training, Group walks, Health & Wellness Talks.**

Sign up Wednesday January 4th 8.30 pm in the Club



**Health &
Wellness
Talks**



Pilates



For further information contact :

Club Health & Wellbeing Officer - Kevin Mulligan PH 087 2518755

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