

# Cuala Activation

from couch to Cuala, Get Fit in 2013

Registration 7.30pm on 23<sup>rd</sup> January 2013  
or in advance on the Cuala website

Activities schedule:

	<b>Week 1</b> 23, 25, 27 Jan	<b>Week 2</b> 30 Jan. 1, 3 Feb	<b>Week 3</b> 6, 8, 10 Feb	<b>Week 4</b> 13, 15, 17 Feb	<b>Week 5</b> 20, 22, 24 Feb	<b>Week 6</b> 27 Feb 1, 3 Mar	<b>Week 7</b> 6, 8, 10 Mar	<b>Week 8</b> 13, 15, 17 Mar
<b>Wednesday</b> <b>8pm-9pm</b>	Registration fitness class	Fitness class	Fitness class	Fitness class	Bootcamp	Bootcamp	Bootcamp	Pilates
<b>Friday</b> <b>7.30-8.30pm</b>	Bootcamp	Dietician <b>Elaine McGowan</b>	Pilates	Bootcamp	Pilates	Pilates	Fitness class	Bootcamp
<b>Sunday</b> <b>9.30am</b>	5k Walk/Run	5k Walk/Run	5k Walk/Run	5k Walk/Run	5k Walk/Run	5k Walk/Run	5k Walk/Run	5k Walk/Run

**8 weeks of fitness for only €50**

Fun, Friendly, and Affordable

Suitable for all ages and abilities  
Open to all adults Male and Female

Website: [www.cualagaa.ie](http://www.cualagaa.ie)

E-mail: [cuala.activation@gmail.com](mailto:cuala.activation@gmail.com)