



Craughwell Athletic Club



Circuit Training

Craughwell AC's adult circuit training sessions restart on Monday 8th October from 8.30pm to 9.30pm in the community hall in Craughwell. The circuits will run for 10 weeks, ending after Monday 17th December.

The training sessions comprise 2 or 3 repetitions of a circuit of exercises which focus on aerobic/total body, upper body, mid-rift and lower body. They are suitable for all levels of fitness as you can exercise at a pace that suits yourself.

It costs €40 to enrol for the 10 weeks if you are already a member of the athletic club. If you are not a member, it costs an additional €20 to join the club for 2007. You will need to bring runners, tracksuit or shorts, a bottle of water and a towel.

If you have any questions or need any further information, please contact Michael Tobin at 087 6591879. To reserve a place, please text Michael at above number.

Also, please fill out the attached details and bring along next Monday night. If you are not already a member of the athletic club, you also need to fill out an application form for membership of the athletic club (available at <http://www.craughwellac.com/images/stories/documents/seniorapplicationform07.doc>)

Craughwell AC Circuit Training Autumn 2007

I wish to participate in the circuit training program being organised for adults by Craughwell Athletic Club.

I have read and understand the following: -

- § I will consult my GP regarding any medical conditions I have that might be affected by circuit training.
- § I will determine the appropriate level of effort that I put into each activity during the circuit training to avoid any adverse health impacts.

Signed:

Date:

If already a member of Athletics Ireland for 2007, please indicate the club below: -

AAI Affiliated Club: