



Fit 4 U 2 Programme – May 2022

During the month of May, the Fit 4 U team will be facilitating weekly walking groups in each locality.

Armagh Walks:		
Fit 4 U walking groups are inclusive of those who are walkers, self-propelling wheelchair users, those using mobility aids and mobility scooters. Trained Walk Leaders and volunteers support walking groups.		
Thurs 5th May	11:00 am to 12:00 pm	The Mall, Armagh Meet beside the Cricket Club
Thurs 12th May	11:00 am to 12:00 pm	The Mall, Armagh Meet beside the Cricket Club
Thurs 19th May	11:00 am to 12:00 pm	The Mall, Armagh Meet beside the Cricket Club
Thurs 26th May	11:00 am to 12:00 pm	The Mall, Armagh Meet beside the Cricket Club

Fit 4 U are also continuing online exercise sessions via Zoom during the month of May. Please note change of day, sessions will take place on a Monday morning.

Online Exercise Sessions:	
<p>Exercise to Music</p>  	<p>Mon 9th May – 11:00 am to 12:00 pm</p> <p>Mon 16th May – 11:00 am to 12:00 pm</p> <p>Mon 23rd May – 11:00 am to 12:00 pm</p> <p>Mon 30th May – 11:00 am to 12:00 pm</p>

To register your interest in the walking group or online exercise sessions or for more information, please contact Rhonda Richardson, Fit 4 U Co-ordinator via phone, text or email.

Regards,

Rhonda Richardson

Fit 4 U Co-ordinator

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