



Weekly Activities

FORBES RACING

TEL: 028 8673 6425

| Weds 9 th Jan | Thurs 10 th Jan | Fri 11 th Jan | Sat 12 th Jan | Sun 13 th Jan | Mon 14 th Jan | Tues 15 th Jan | Weds 16 th Jan |
|--|---|--|---|---|--|--|--|
| <p>LAUNCH NIGHT "The Final Feast" 7.00pm-9.00pm Ardboe Parish Centre Come along for our launch night where there will be food served. Enjoy one last final pig out before you start on your SlimFit journey. Information packs will be given out and you will have your first weigh-in!</p>  | <p>Ladies Netball 7-7.45pm Minor Hall</p> <p>5-a-side Basketball 8-8.45pm Minor Hall</p> <p>With Claire Muldoon - - - - -</p> <p>Floodlit Walking Football Pitch Lights on 7.30-9pm - - - - -</p> | <p>Boxercise 6.30-7.15pm Session 1 Football Pavilion</p> <p>7.15-8pm Session 2 Football Pavilion</p> <p>With Niall Kerr - - - - -</p> <p>Floodlit Walking Football Pitch Lights on 7.30-9pm - - - - -</p> | <p>Bootcamp 9.30-10.30 Football Pitch</p> <p>With Gavin Teague and Ciaran Campbell - - - - -</p> <p>Walk / Run Various Routes 11am Meet at Football field</p> <p>Led by Karla Coney/Aine McGuigan - - - - -</p> | <p>Cycle 9am Meet at Football field</p> <p>Beginners route and advanced route - - - - -</p> <p>Walk 2pm Meet at Football field</p> <p>Jiving Class 7pm Parish Centre</p> <p>With Christopher and Sharon Wilkinson - - - - -</p> | <p>Keep Fit (Beginners) 7-8pm Minor Hall Ladies Only</p> <p>With Aine McGuigan - - - - -</p> <p>Indoor soccer 8.15pm Minor Hall</p> <p>Floodlit Walking Football Pitch Lights on 7.30-9pm - - - - -</p> | <p>Circuits 7-7.45pm Session1 Football Pavilion</p> <p>8-8.45pm Session2 Football Pavilion</p> <p>With Mattie Brady - - - - -</p> <p>Floodlit Walking 7.30pm Football Pitch</p> <p>- - - - -</p> <p>Zumba 8.15pm-9.15pm Parish Centre</p> <p>With Rebekah Forbes</p> |  <p>Weigh-in 7-9pm Upstairs Parish Centre - - - - -</p> <p>Keep Fit (Beginners) 7-8pm Minor Hall Ladies Only</p> <p>With Aine McGuigan - - - - -</p> <p>Floodlit Walking Football Pitch Lights on 7.30-9pm</p> |



Cookstown Skip Services
Tel: 028 8773 8141



MARTIN KELLY
 SUPPLIER OF 

