



# DOCKLANDS **FITFEST**

**National  
Fitness Day**  
27th September 2018

**LET'S BE ACTIVE IN DUBLIN DOCKLANDS ON  
NATIONAL FITNESS DAY!**

- 07:00 Tai Chi in the Morning
- 07:40 Yoga as Gaeilge
- 08:20 Pound Fitness
- 09:00 Schools Fitness
- 12:00 Dance Aerobics
- 12:40 Dance Aerobics
- 13:20 Boogie Bounce
- 14:00 Boogie Bounce
- 16:00 Zumba Attack
- 16:40 HIIT Class
- 17:20 Pound Fitness
- 18:00 Fearless Moves

**TRX and lots of challenges  
throughout the day!**

**Anyone can take part,  
no skill level required!**

**Classes are under a covered  
tent so you should be  
kept dry!**

**For more information and  
further details please go to:  
[http://nationalfitnessday.ie/  
dockland-fitfest/](http://nationalfitnessday.ie/dockland-fitfest/)**

**Dublin  
sports  
2018 fest**

**Free classes and lots of prizes to be won: 5 fitbit  
ionics and be in with a chance to win a €250 gym  
membership voucher!**

**Book your free class here:**

**[www.eventbrite.ie/e/docklands-fitfest-national-fitness-day-27th-september-tickets-49733715883](http://www.eventbrite.ie/e/docklands-fitfest-national-fitness-day-27th-september-tickets-49733715883)**

**Ireland  
Active**

Leisure, Health  
and Fitness  
Association



Comhairle Cathrach  
Bhaile Átha Cliath  
Dublin City Council

