

# PreNatal Fitness Classes

for more information see

[www.fitnecise.ie](http://www.fitnecise.ie)

086-8579938 Siobhan O'Reilly

PreNatal Fitness Instructor  
Corrective Exercise Specialist  
C.H.E.K. Practitioner Level II  
C.H.E.K. Holistic Lifestyle Coach II  
CMTA, NMT



In South Dublin – Nutgrove area  
close to Dublin 14, 16, 18, Rathfarnham, Dundrum  
Ballinteer, Churchtown, Marlay Park, Templeogue



## Pilates - Core Strength Circuit Training Personal Fitness Training

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086-1736720 - Martin Luschin  
Fitness and Health Services in South Dublin since 2002  
Fitness Instructor, Personal Fitness Trainer  
NLP Practitioner, BEng

See reverse for more information -->

# Baby Massage Classes

for more information see

[www.MassagesByMummy.com](http://www.MassagesByMummy.com)

087-9903801



Lisa Keogh  
Certified  
Infant Massage Instructor

**€100 refundable**  
from VHI, Quinn Health, Aviva  
please check with your  
insurance provider

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Ballinteer, Churchtown, Marlay Park, Templeogue, Terenure



# 60+ Senior Group Fitness Classes



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