



# CIRCUIT CLASSES FOR WOMEN

**Name: Rachael O'Brien**

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**Qualifications: BSc (hons) in Sports Strength & Conditioning**



**Strength &  
Conditioning**

**FUN!**

**Better Quality of  
Movement!**

**Lose Body Fat!**

**Get Fit!**

**GO TRI CLUB**

Smithstown,  
Shannon,  
Co. Clare

**Monday & Thursday  
8-8:45pm**