



Marie Murphy Health & Fitness
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Murphy (METs) Programme Course

City Centre Dublin

Course takes place at **the elbowroom DUBLIN'S FAVOURITE WELLBEING HUB**

32 North Brunswick Street, Stoneybatter, Dublin 7.

Benefits of the Murphy (METs) Programme

- Lowers risk of disease
- Can help to Increase your strength & stamina without adding muscle bulk
- Can help to Improve your balance and co-ordination
- Can help to prevent Osteoporosis
- Can help to Improve posture
- Can help to prevent sports injuries
- A great way to reduce stress
- A great social gathering
- A good night's sleep

Murphy (METs) Programme

- All necessary Equipment is provided
- Class size (10-15 participants)

Marie offers the following Classes:

- Beginner's Level (Conditioning/ Technique)
- Intermediate Level (Strengthening/ Foundation)
- Advanced Level (Endurance/Building)
- Osteoporosis/Osteopenia Patients – Recent DXA scan with medical clearance
- Cancer Patients – 3 months post-surgery with medical clearance
- Chronic Diseases – 3 months post-surgery with medical clearance

REGISTRATION: €225

To register for the Programme (12 classes) please tel: 01 677 9859 or click <http://www.the-elbowroom.com/pilates-fitness-dance/the-murphy-mets-programme-designed-for-preventionrecurrence-of-disease-with-marie-murphy/> to confirm your place and class preference.