

A huge thank you to everyone who has been a part of ForgetTheGym in 2015.

Forget The Gym.ie

Highlights of 2015

We have put together 30 of our favourite memories of the year. So many to choose from, but these are some of the photos that have a great story behind them. We have so many more too which we will put together in a little video soon.

30 Photos - Which are your favourites?



We really could not have had such a good year without you all so thank you to everyone for supporting us and encouraging us to keep on moving forward and trying new things.

Our January Plans

We are back **11th January** with a brand new term of classes

Full List of our January Events:

1st : [Facebook January Challenge](#)

11th : [New Class Term Starts](#)

22nd : [First Half Marathon Workshop](#)

23rd : [Chirunning in the Park](#)

Competition - Register before December 31st for classes and you are in with a chance of winning all your money back! (worth €140)



December Update

This December, we finished our final class term and were thrilled with all our Beginners who completed their first 30 minutes. To put the icing on the cake, we took some of these 'graduates' for their first 5k to St Annes Park on possibly the wettest day ever. We never thought it would be such fun running through ankle deep water. But it was. We are still talking about it.



As we said to the girls - if you can do this 5k, you can do anything. Thankfully Dee was there at the end with some celebration biscuits. We also had some of our gang take on their

first 5k and 10k in the Aware run in the Phoenix Park. They too are still drying out after the morning!



We finished off our year with two great evenings around the city as we took to the streets for our now famous **Christmas Lights and Mulled Wine Runs**. Lots more [photos on Facebook](#).



January Challenge



Join our January Challenge

Pick your exercise from the selection below or choose all 5 exercises
1 Minute a day of each exercise you select – that's all we ask you to do

Plank	Side Plank	Push up	Triceps Dip	Lunge
				

We recommend you start with 1 minute a day if you are new to the challenge. Each day we will post a reminder and tips and videos to help with the exercises. If you are more experienced, feel free to start out with our 5 minute routine.

We are back in January to get you all moving again with our daily challenge. Sign up and help yourself get stronger this 2016. [Join the challenge](#)

Our Pocket Plank Calendar

To help keep you on track in 2016, we have a special **gift for you** all - **Our Pocket Plank Calendar**. Contact [Mary](#) if you would like one sent out to you.



In the Press

The Irish Times will relaunch [Mary's Get Running programmes](#) in the New Year. Keep an eye out in the paper in January for all the details.

Check out Mary's piece on Running in Ireland on '[How not to let your running fall apart over the Christmas season](#)'.

Aoife has been blogging on **all our Favourite Races**. We are getting together a full listing for 2016, but you can check out our [January Favourite Runs](#) for starters.



Thank you

Thanks to all of you who have been a part of ForgetTheGym this year. We wish you all a very happy christmas season and a wonderful 2016 full of running!

Mary, Aoife, Anne and Lorraine xxxx



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