

Forget The Gym.ie

Hello,

It's been a few months since we have given you an update, but you can see below how busy we have been. Here is what we have going on...



What's on this September

All Sept : [Running classes continue](#) in Clontarf and Sandymount

All Sept : [Dublin Marathon Coaching](#) Programme Continues

Sat 3rd : [Foam Roller Injury Prevention Workshop](#) (€30) Malahide

Thurs 15th : [Pop-up Class Strength and Conditioning](#) (€10) Clontarf

Thurs 22nd : [Foam Roller Injury Prevention Workshop](#) (€30) Docklands

Thurs 29th : [End of Term - FunRun and Cocktails night out](#)

Mon 3rd Oct : [New Autumn Class Term](#) (booking opens 10th Sept)

September Running Classes



Classes continue all September in Sandymount and Clontarf. If you are a lapsed runner or are comfortable running 20 minutes slowly, you can join us any time.

Lapsed Runner Special Offer

4 weeks of class - starts next week 5th Sept

€50 for 1 class per week

€90 for 2 classes per week

[View timetable and booking form](#)

From Bump to Baby

Mary is taking a little time out from teaching classes and workshops this Autumn as she is kept well entertained by baby Harry who was born 2 weeks ago nice and promptly on his due date! Thanks so much to everyone for all the good wishes. Here are a few pics for all those who have been asking...

9th August



16th August



25th August



Coaches Anne and Aoife will continue to keep you all running this autumn.

Coach Anne's 24 Hour Run

Why would you run for 24 hours? Indeed, we have asked Anne the same question. But she did, and ran over 100 miles in that time too. Have a read about [her reasons for running for 24 hours](#).



Since our last newsletter

So much has happened since our last newsletter. So many photos and memories from a wonderful summer. We had races from **parkruns** to **marathons** and lots of fun at classes and workshops. We also continued our summer series **pop-up classes** from Strength and Conditioning to a glorious trail runs in **Howth** and our gourmet [Coffee Lovers Run](#). Our **Foam Roller Workshops** also went down a treat. [Check out our summer photos](#).



Foam Rolling Workshops

Aoife continues her summer series of Foam Roller Workshops this Sept with 2 final dates for 2016. This practical workshop will teach you how to make the best use of your Foam Roller to keep you running for longer with less injuries. Find out more about [Foam Roller Workshop](#) and how it can help your running.



Upcoming Dates : [Find out More](#)
Malahide : Sat 3rd Sept
Docklands : Thurs 22nd Sept

In the Press

Mary will continue writing for **The Irish Times** all autumn. Read the latest articles :



MENU

THE IRISH TIMES



SIGN IN



Mary Jennings is founder and running coach with [ForgetTheGym.ie](#). Mary trains beginners and marathoners and everyone in between. She is also the creator of all

The Irish Times : [View Mary's latest articles](#) on marathons, pregnancy fitness and motivation.

ForgetTheGym Blog : Each month we are getting a little better at adding some new articles to our blog. Check out the [latest blog posts](#).

Live Videos on Irish Times Running : Be sure to follow [Irish Times Running](#) on Facebook where Mary speaks to other runners and running experts on video discussing all things running.

Rest of 2016 Plans

We have put together a list of [all our plans for 2016](#). You can see all our class schedules and workshop plans right up to Christmas (if you are very organised!).

We have also compiled our [favourite September Races](#).



Set yourself a goal this month and make the the month you stick to it. We are here to help you along the way, so any questions on training plans, tips or advice on races be sure to ask.

Aoife, Mary and Anne xxxx



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