

2016 at ForgetTheGym

Need a little inspiration to get running? Here are all our plans for 2016.

At a Glance....

- 7th Mar: [Spring Classes Commence](#)
- 2nd April: [Chirunning in Malahide](#)
- 4th May: [First Half Marathon Workshop](#)
- 14th May: [Chirunning in Malahide](#)
- 16th May: [Spring into Summer Classes Commence](#)
- 11th Jun: [Chirunning in St Anne's Park](#)
- 23rd Jun: [Dublin Marathon FirstTimer Workshop 1](#)
- 29th Jun: [Dublin Marathon Improvers Workshop 1](#)
- 11th Jul: [MidSummer Classes Commence](#)
- 3rd Oct: [Autumn Classes Commence](#)
- 5th Oct: [Dublin Marathon FirstTimer Workshop 2](#)
- 7th Oct: [Dublin Marathon Improvers Workshop 2](#)
- 8th Oct: [Long Run Meetup for Dublin Marathon](#)
- 31st Oct: [Dublin Marathon Day Out](#)
- 18th Nov: [Running Holiday to France](#)
- 5th Dec: [Xmas Lights Run](#)
- 12th Dec: [Xmas Lights Run](#)



Extra Pop Up Events

All summer long we will surprise you with pop up classes, mini workshops and adventures around the city. There are rumours of 'Foam Roller Lessons', 'Strength for Runners Classes' and Surprise 'DART line funruns' and a picnic or two. Keep an eye on Facebook as these will be posted on our [Private Group](#) only.

Marathon Programmes

We have 3 options for Dublin Marathon Runners this year starting from Mid June :

- First Timers Programme
- Improvers Programme
- Marathon Club.

Find out more about our [marathon coaching](#)



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Running Classes

We are going to run a slightly reduced class schedule over the summer. We will be removing Beachfit from the timetable and cutting back on Beginners Classes over summer. We will add in Lapsed Runner Classes for those of you who have been on a break!

Classes will take place in the following locations :

Sandymount : Monday and Wednesday

Clontarf : Tuesday and Thursday



Spring into Summer Term 16th May – 7th July

DAY	MON	TUES	WED	THURS
6.30PM	Sandymount – Funrun	Clontarf – S&Speed	Sandymount – S&Speed	Clontarf – Funrun
7.30PM	Sandymount – S&Speed	Clontarf – Funrun	Sandymount – FunRun	Clontarf – Beginners

MidSummer Term: 11th July – 29th Sept

*Extra Long Term from July to end of Sept – Get 10 weeks for the price of 8 so you can keep class up through the holidays. There will be no classes on the first 2 weeks of August.

DAY	MON	TUES	WED	THURS
6.30PM	Sandymount – Funrun	Clontarf – S&Speed	Sandymount – S&Speed	Clontarf – Funrun
7.30PM	Sandymount – S&Speed	Clontarf – Funrun	Sandymount – FunRun	Clontarf – Lapsed Runners

Autumn Term: 3rd Oct – 1st Dec

There will be no classes week of October Bank Holiday week as we take part and support our Dublin Marathon Runners.

DAY	MON	TUES	WED	THURS
6.30PM	Sandymount – Funrun Sandymount – Beginners	Clontarf – S&Speed	Sandymount – S&Speed	Clontarf – Funrun
7.30PM	Sandymount – S&Speed	Clontarf – Funrun	Sandymount – FunRun	Clontarf – Beginners

To find out more about all our classes and to register, see [Running Classes](#).



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We will continue with all our other extras all summer too.

Facebook Challenge Our challenge continues all summer with new additions every month to keep you on your toes : Find out more about the challenge	Shop Our Tshirts, Singlets and Hoodies will continue to be available to all our students over the summer. Be sure to pre-order as we have limited numbers in stock at any time.
In the Press Mary continues to write in The Irish Times every fortnight. Also, we will be updating our blog regularly with lots of running tips and hints.	Online Coaching Mary will continue to coach online students for all events especially those of you living abroad
Corporate Workshops We will continue our corporate classes, workshops and events all summer. Contact Mary if you would like us to visit your office.	Chirunning Technique Private classes and regular workshops take place to help you run injury free. Check out schedule of Chirunning events .

Get Inspired

Have a read of some of our [success stories](#) which will inspire you to get your running shoes on this summer. We will be out and about all summer at running events around Dublin and surrounding area. Keep an eye on Facebook to see where we will be popping up.

Any questions at all, [please email us](#)



Aoife, Mary & Anne