

Lapsed Runner special offer, our February Highlights and all our March plans

Forget The Gym.ie

Hello,

Welcome to March, and although the cherry blossoms are not quite out yet, very soon we will have bright evenings, leaves on the trees and a little more warmth in the air. Get out and enjoy it.



What's on this March

Mon 7th :[Beginners Running](#) - New Class Term starts this week

Mon 7th :[Improvers/Lapsed Runners](#) - New Class Term starts this week

Sat 12th :[St Annes Parkrun](#) (group parkrun and post-run breakfast)

Sat 12th :[Chirunning Workshop](#) in Raheny - Injury Prevention for Runners(€25)

Sun 20th :[St Patrick's Festival 5k](#) - Running Chick meetup for 5k in the City

All Month :[Our Facebook March Challenge](#) - New exercises this month

Every Weekend :[Informal training runs](#) in Phoenix Park

Back to Beginners



Learn to Run in Sandymount and Clontarf

Lapsed Runner Special Offer - If you have taken part in our running classes in the past, but for whatever reason find yourself back now as a beginner, we are offering a special discounted price for you to come back to Beginners Running Classes this week. In 8 weeks we will have you right back up at 30 minutes running again. [Contact us](#) for more details of the discounted price.

What we did in February

What a brilliant month we had in February.



Our Ladies Day with Saucony and Amphibian King was a massive success. With almost 60 ladies coming along, it was a great day of running, chats, fashion and cupcakes. Check out all our [Ladies Day photos](#) from the day which gives you a great idea of all we got up to.



On Valentines Day we had another wonderful day with Deelitefull as part of our [Run+Cook Sunday brunch series](#). A sunny morning, glorious food and a glass of bubbles - what more could we want on Valentines day.



We travelled to Malahide Castle this month for another **Chirunning Workshop** where experienced runners and new runners alike learnt how to make running more enjoyable and effortless. An excellent venue for the workshop - we will be back in April.



Its hard to believe in the whole 8 weeks of our **January and February classes**, the vast majority of our students never got wet at all in class. Amazing really when everyone is complaining about the weather. Proves it always is better outside than looking out at it from inside. **Well done** to all our running class girls this Feb who completed the winter term of class. So proud of all you achieved.

In the Press

**Lots of Familiar Faces
In The Irish Times this Month...**



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

Irish Times Feb : Running Buddies

Irish Times Feb : Running Goals

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

Get organised this March

Our Favourite Races : Here are a list of our [Favourite Races coming up this March](#) including St Patrick's weekend and right through the Easter Holidays.

Our St Annes Park Chirunning Workshop : One more chance this Spring to learn how to run painfree and efficiently at Mary's [Chirunning Workshop](#) on 12th March.

Our Spring Class Timetable : With all the bank holidays coming up, we have extra options for you to plan your [running classes](#) around your spring break. Don't forget we start **THIS** week.

Classes Schedule for Spring 2016 - Mar/May				
March	Mon	Tues	Wed	Thurs
	7th	8th	9th	10th
	Week 1	Week 1	Week 1	Week 1
	14th	15th	16th	17th
	Week 2	Week 2	Week 2	no class - St Patrick's Day 
	21st	22nd	23rd	24th
	Week 3	Week 3	Week 3	Week 2
 Happy Easter!	28th	29th	30th	31st
	no class - Easter holidays	no class - Easter holidays	no class - Easter holidays	no class - Easter holidays
April	Mon	Tues	Wed	Thurs
	4th	5th	6th	7th
	Week 4	Week 4	Week 4	Week 3
	11th	12th	13th	14th
	Week 5	Week 5	Week 5	Week 4
	18th	19th	20th	21st
	Week 6	Week 6	Week 6	Week 5
	25th	26th	27th	28th
	Week 7	Week 7	Week 7	Week 6
May	Mon	Tues	Wed	Thurs
	1st	2nd	3rd	4th
	No class - May Bank Hol	Week 8	Week 8	Week 7
	8th	9th	10th	11th
	Week 8	Free lapsed runners class	Free lapsed runners class	 Week 8

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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