

Prime Time of Life for Farmers



A FREE 8-week hybrid exercise and health education programme for farmers

- Designed for all fitness levels and clinical conditions.
- Scientifically proven to improve fitness, strength, balance, mobility, health and wellbeing.

Weekly Timetable

Choose 2 exercise classes that fit your schedule and watch 1 health masterclass per week.

Mondays	Wednesdays	Thursdays
7:45-8:30pm Prime Time for Farmers Online Exercise		1:00-1:20pm Health Masterclass Online
8:30-8:50pm Stretch & Mobility Online Exercise	7:30-8:30pm Prime Time for Farmers Mountrath Exercise	7:00-7:45pm LIFT Online Exercise
7:30-8:30pm Prime Time for Farmers Mountrath Exercise		

- The in-person exercise classes are delivered in Mountrath Martial Arts & Fitness Academy.
- The online exercise classes and masterclasses are delivered via Zoom.
- The masterclasses are delivered by the EduFIT team and are recorded so you can watch anytime.



STARTS MONDAY 10TH AUGUST 2026



SCAN TO ACCESS
SIGN-UP FORM



An Roinn Talmhaíochta,
Bia agus Mara
Department of Agriculture,
Food and the Marine