

BE ACTIVE FOR LIFE

Newry Leisure Centre

September – December 2026 Timetable



MON

Circuits 9.30am - 10.15am
Movemore Circuits 10.30am - 11.15am
Badminton 11.30pm - 12.15pm
Water Aerobics 12.30pm - 1pm
Teen Gym 4pm - 4.45pm

TUE

Strength & Balance 10am - 10.45am
Low Intensity Interval Training 11am - 11.45am
Line Dancing 12pm - 1pm
Chair Aerobics 1.30pm - 2pm
Teen Gym 4pm - 4.45pm

WED

Strength & Balance 10am - 10.45am
50+ Gym 11am - 11.45am
Badminton 12.45pm - 1.30pm
Chi Me 2pm - 2.30pm
Teen Gym 4pm - 4.45pm

THU

Strength & Balance 10am - 10.45am
Chi Me 11am - 11.30am
Strength & Balance 12pm - 12.45pm

FRI

50+ Gym 10am - 10.45am
Parent + Baby Fitness 11am - 11.45am
Water Aerobics 12.15pm - 12.45pm

For more information visit www.newrymournedown.org/be-active-for-life

Book via the NMD Be Active app or drop into your local leisure centre!

£2.20 PER SESSION | £32.70 FOR 20 SESSIONS | £16.40 DD UNLIMITED SESSIONS



Timetables subject to change, check app for updates.



Comhairle Ceantair
an Iúir, Mhúrn agus an Dúin
Newry, Mourne and Down
District Council