



Newry Leisure Centre Fitness Classes

Be Active your way every day

Monday

Group Cycle	9.30am
Body Pump	12.30pm
Body Pump	6.00pm
Circuits	7.00pm
Spinning Indoor Cycling	7.15pm

Tuesday

Group Cycle	9.45am
Pilates	12.45pm
Yoga	5.30pm
Group Cycle	6.15pm
Trim & Tone	6.30pm
Yoga	6.30pm

Wednesday

Body Pump	9.30am
Group Cycle	12.30pm
Power Hour	5.30pm
Body Pump	6.00pm
Group Cycle	7.15pm

Thursday

Pilates	9.30am
Yoga	5.15pm
Fit Ball	6.00pm
Yoga	6.15pm
Low Body Blast	7.00pm
Pilates	7.20pm

Friday

Group Cycle	9.30am
Body Pump	12.30pm
Group Cycle	6.15pm

Saturday

Low Body Blast	9.00am
Group Cycle	10.15am

* Class timetable is illustrative only and subject to change. Always check latest timetable on NMD Be Active app before booking and paying for your class.

- **£5.90 per class** or
- **All Inclusive Membership for £32.70 / month** which includes access to our fitness classes.

For more information and to join online
www.newrymouredown.org/membership-options

Additional Information:

- All classes must be booked on NMD Be Active app, online or by calling us on **0330 137 4026**.
- You can view and book classes 8 days in advance.
- Please arrive at least 5 minutes before your class and swipe in or make Reception Staff aware of your arrival.
- To ensure fairness the council has a class booking penalty strike system. If you do not attend a class or cancel with less than 4 hours notice you will receive one strike. If you receive 3 or more strikes in a 60 day period you will not be able to book classes online for the next 10 days. Class bookings can still be made at Reception.
- Ensure you have appropriate clothing and footwear and make sure to bring along water to hydrate.

For most up to date class timetables and to book your class, download the NMD Be Active app today!

