

BE ACTIVE FOR LIFE

Down Leisure Centre

September – December 2025 Timetable



MON	Bootcamp	10am - 10.45am
	Chi Me	11.15am - 11.45am
	Water Aerobics	12.15pm - 12.45pm
	Strength & Balance	1.15pm - 1.45pm
	Teen Gym	3.45pm - 4.45pm
TUE	Parent & Baby	9.30am - 10.30am
	Chair Aerobics	11am - 11.45am
	Lunch Time Circuits	1pm - 1.45pm
	Teen Gym	3.45pm - 4.45pm
WED	50+ Gym	10am - 10.45am
	Walking Netball	11am - 11.45am
	Water Aerobics	12.15pm - 12.45pm
	Chair Aerobics	1.30pm - 2.15pm
THU	Learn to Spin	10am - 10.30am
	Circuits	11.15am - 12.15pm
	Be Active Health Network	12pm - 1pm
	Dance	12.30pm - 1.30pm
	Teen Gym @Ballymote	4pm - 5pm
FRI	50+ Gym	10am - 10.45am
	Low Intensity Interval Training	11am - 11.30am
	Water Aerobics	12.15pm - 12.45pm

For more information visit www.newrymouredown.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