

BE ACTIVE FOR LIFE

Newry Leisure Centre

September – December 2025 Timetable



MON

50+ Gym 10am - 10.45am
Badminton 11am - 11.45am
Water Aerobics 12.15pm - 12.45pm
Boccia 2pm - 3pm
Teen Gym 4pm - 4.45pm

TUE

Strength & Balance 10am - 10.45am
Low Intensity Interval Training 11am - 11.45pm
Chi Me 12pm - 12.30pm
Spin Indoor Cycling 2pm - 2.30pm
Teen Gym 4pm - 4.45pm

WED

Strength & Balance 10am - 10.45am
50+ Gym 11am - 11.45am
Be Active Health Network 12pm - 1pm
Badminton 12.45pm - 1.30pm
Teen Gym 4pm - 4.45pm

THU

Strength & Balance 10am - 10.45am
Chi Me 11am - 11.30am
Teen Gym 4pm - 4.45pm

FRI

Parent & Baby Fitness 10.30am - 11.15am
Line Dancing 11am - 12pm
Water Aerobics 12.15pm - 12.45pm
Nordic Walk @Newry Tow Path 1.30pm - 2.15pm

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