

**BE ACTIVE FOR LIFE**

# Newry Leisure Centre

January – March 2026 Timetable



**MON**

Circuits 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 - 11.45am  
Line Dancing 12pm - 1pm  
Chair Aerobics 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 - 11.45am  
Strength & Balance 12pm - 12.45pm  
Teen Gym 4pm - 4.45pm

**FRI**

50+ Gym 10am - 10.45am  
Parent + Baby Fitness 11am - 11.45am  
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](http://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