

**BE ACTIVE FOR LIFE**

# Newry Leisure Centre

January – March 2026 Timetable



<b>MON</b>	Circuits Badminton Water Aerobics Boccia Teen Gym	10am - 10.45am 11am - 11.45am 12.15pm - 12.45pm 2pm - 3pm 4pm - 4.45pm
<b>TUE</b>	Strength & Balance Low Intensity Interval Training Line Dancing Chair Aerobics Teen Gym	10am - 10.45am 11am - 11.45am 12pm - 1pm 2pm - 2.30pm 4pm - 4.45pm
<b>WED</b>	Strength & Balance 50+ Gym Be Active Health Network Badminton Teen Gym	10am - 10.45am 11am - 11.45am 12pm - 1pm 12.45pm - 1.30pm 4pm - 4.45pm
<b>THU</b>	Strength & Balance Chi Me Strength & Balance Teen Gym	10am - 10.45am 11am - 11.45am 12pm - 12.45pm 4pm - 4.45pm
<b>FRI</b>	50+ Gym Parent + Baby Fitness Water Aerobics Nordic Walk @Newry Tow Path	10am - 10.45am 11am - 11.45am 12.15pm - 12.45pm 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