

BE ACTIVE FOR LIFE

Newcastle Centre

September – December 2025 Timetable



TUE

Be Active for Life Circuits & Socials
@Bowling Pavilion

10am - 1pm

50+ Gym @Newcastle Centre

2pm - 2.45pm

Teen Gym @Newcastle Centre

3.45pm - 4.30pm

THU

Chair Based Exercises
@Bowling Pavilion

10am - 11am

Be Active for Life Circuits & Socials
@Bowling Pavilion

11.15am - 1pm

Be Active Gym @Newcastle Centre

2.30pm - 3.15pm

Teen Gym @Newcastle Centre

3.45pm - 4.30pm

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