

Down Leisure Centre

January – March 2026 Timetable



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

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