

BE ACTIVE FOR LIFE

Down Leisure Centre

January – March 2026 Timetable



MON

Bootcamp	10am - 10.45am
Chi Me	11.15am - 11.45am
Water Aerobics	12.15pm - 12.45pm
Strength & Balance	1.15pm - 1.45pm
Teen Gym	3.45pm - 4.45pm

TUE

Parent & Baby	9.30am - 10.30am
Chair Aerobics	11am - 11.45am
Lunch Time Circuits	1pm - 1.45pm
Teen Gym	3.45pm - 4.45pm

WED

50+ Gym	10am - 10.45am
Walking Netball	11am - 11.45am
Water Aerobics	12.15pm - 12.45pm
Chair Aerobics	1.30pm - 2.15pm

THU

Learn to Spin	10am - 10.30am
Circuits	11.15am - 12.15pm
Be Active Health Network	12pm - 1pm
Dance	12.30pm - 1.30pm
Teen Gym @Ballymote	4pm - 5pm

FRI

50+ Gym	10am - 10.45am
Low Intensity Interval Training	11am - 11.30am
Water Aerobics	12.15pm - 12.45pm

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