



Down Leisure Centre Fitness Class Timetable

For July and August 2022

Monday

Spinning Indoor Cycling (45 minutes)	6.45am – 7.30am
Spinning Indoor Cycling (45 minutes)	5.30pm – 6.15pm

Tuesday

Express Spin Indoor Cycling (35 minutes)	12.30pm – 1.05pm
HIIT (45 minutes)	6.30pm – 7.15pm
Spinning Indoor Cycling (45 minutes)	7.30pm – 8.15pm

Wednesday

Spinning Indoor Cycling (45 minutes)	6.45am – 7.30am
Pilates (45 minutes)	12.30pm – 1.15pm
Spinning Indoor Cycling (45 minutes)	5.30pm – 6.15pm
Yoga	7.00pm – 7.45pm
Yoga	8.00pm – 8.45pm

Thursday

Express Spin Indoor Cycling (35 minutes)	12.30pm – 1.05pm
HIIT (45 minutes)	6.30pm – 7.15pm
Spinning Indoor Cycling (45 minutes)	7.30pm – 8.15pm

Friday

Spinning Indoor Cycling (45 minutes)	6.45am – 7.30am
Pilates (45 minutes)	12.30pm – 1.15pm
Yoga	1.00pm – 1.45pm
Spinning Indoor Cycling (45 minutes)	5.30pm – 6.15pm

Saturday

Spin Cycling & Core/Abs (45 minutes)	9.15am – 10.00am
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Sunday

Spinning Indoor Cycling (45 minutes)	10.00am – 10.45pm
Circuits (45 minutes)	11.00am – 11.45pm

Class timetable is illustrative only and subject to change. Always check latest timetable on NMD Be Active app before booking and paying for your class.

- **£5.40 per class** or
- **All Inclusive Membership for £29.95 / month** which includes access to our fitness classes.

For more information and to join online
 www.newrymouredown.org/membership-options

Additional Information:

- All classes must be booked on NMD Be Active app, online or by calling us on **0330 137 4026**.
- You can view and book classes 8 days in advance.
- Please arrive at least 5 minutes before your class and swipe in or make Reception Staff aware of your arrival.
- To ensure fairness the council has a class booking penalty strike system. If you do not attend a class or cancel with less than 4 hours notice you will receive one strike. If you receive 3 or more strikes in a 60 day period you will not be able to book classes online for the next 10 days. Class bookings can still be made at Reception.
- Ensure you have appropriate clothing and footwear and make sure to bring along water to hydrate.

For most up to date class timetables and to book your class, download the NMD Be Active app today!

