



Newry Leisure Centre Fitness Class Timetable

Monday

Spinning Indoor Cycling	9.30am – 10.15am
Body Pump	12.45pm – 1.45pm
Pilates	6.00pm – 6.50pm
Body Pump	6.00pm – 7.00pm
Circuits	7.00pm – 8.00pm
Spinning Indoor Cycling	7.15pm – 8.00pm

Tuesday

Spinning Indoor Cycling	9.30am – 10.15am
Fit Ball	12.45pm – 1.30pm
Spinning Indoor Cycling	6.15pm – 7.00pm
Trim 'n' Tone	6.30pm – 7.30pm
HIIT	7.30pm – 8.15pm

Wednesday

Body Pump	9.30am – 10.30am
Spinning Indoor Cycling	12.30pm – 1.15pm
Body Pump	6.00pm – 7.00pm
Spinning Indoor Cycling	7.15pm – 8.15pm

Thursday

Pilates	9.00am – 9.50am
Yoga	5.15pm – 6.00pm
Fit Ball	6.00pm – 6.45pm
Low Body Blast	7.00pm – 7.45pm

Friday

Spinning Indoor Cycling	9.30am – 10.15am
Body Pump	12.45pm – 1.45pm
Spinning Indoor Cycling	6.15pm – 7.00pm
Circuits	6.30pm – 7.30pm

Saturday

Power Hour	9.30am – 10.30am
Spinning Indoor Cycling	10.15am – 11.00am

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!

