

Newcastle & Kilkeel

January - February Timetable



MON Kilkeel Leisure Centre	Older & Active Circuits & Social Dancing Over 50's Gym Water Aerobic & Social Strength & Balance Teen Gym	10am - 11.45am 12pm - 12.45pm 1pm - 1.45pm 2pm - 2.30pm 3.45pm - 4.30pm
TUE Newcastle	Parent & Baby Fitness @Bowling Pavilion Be Active for Life & Socials @Bowling Pavilion Be Active Gym @Newcastle Centre Teen Gym @Newcastle Centre	9.45am - 10.30am 11am - 1pm 2.45pm - 3.30pm 3.45pm - 4.30pm
WED Kilkeel Leisure Centre	Be Active for Life & Socials Strength & Balance with Chi Me Be Active Gym Teen Gym	10am - 11.30am 11.30am - 12.30pm 1pm - 2pm 3.45pm - 4.30pm
THU Newcastle	Chair based Exercises @Bowling Pavilion Be Active for Life & Socials @Bowling Pavilion Be Active Gym @Newcastle Centre Teen Gym @Newcastle Centre	10am - 10.45am 11am - 1pm 2.45pm - 3.30pm 3.45pm - 4.30pm
FRI Kilkeel Leisure Centre	Parent & Baby Fitness Be Active Gym Be Active Circuits & Social Cafe (Squash Court) Water Aerobics	9.45am - 10.30am 11.00am - 11.45pm 12.15pm - 1.15pm 1.30pm - 2pm

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