

**BE ACTIVE FOR LIFE**

# Newcastle Centre

January – March 2026 Timetable



**TUE**

Be Active for Life Circuits & Socials  
@Bowling Pavilion

**10am - 1pm**

50+ Gym @Newcastle Centre

**2pm - 2.45pm**

Teen Gym @Newcastle Centre

**3.45pm - 4.30pm**

**THU**

Chair Based Exercises  
@Bowling Pavilion

**10am - 11am**

Be Active for Life Circuits & Socials  
@Bowling Pavilion

**11.15am - 1pm**

Be Active Gym @Newcastle Centre

**2.30pm - 3.15pm**

Teen Gym @Newcastle Centre

**3.45pm - 4.30pm**

For more information visit [www.newrymournedown.org/be-active-for-life](http://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