

BE ACTIVE FOR LIFE

Newry Leisure Centre

April – May Timetable



MON	50+ Gym Badminton Water Aerobics Boccia Teen Gym	10am - 10.45am 11am - 11.45am 12.15pm - 12.45pm 2pm - 3pm 4pm - 4.45pm
TUE	Strength & Balance Low Intensity Interval Training Chi Me Spin Indoor Cycling Teen Gym	10am - 10.45am 11am - 11.45pm 12pm - 12.30pm 2pm - 2.30pm 4pm - 4.45pm
WED	Strength & Balance 50+ Gym Be Active Health Network Badminton Teen Gym	10am - 10.45am 11am - 11.45am 12.00pm - 1pm 12.45pm - 1.30pm 4pm - 4.45pm
THU	Strength & Balance Chi Me Teen Gym	10am - 10.45am 11am - 11.30am 4pm - 4.45pm
FRI	Parent & Baby Fitness Line Dancing Water Aerobics Nordic Walk @Newry Tow Path	10.30am - 11.15am 11am - 12pm 12.15pm - 12.45pm 1.30pm - 2.15pm

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



Timetables subject to change, check app for updates.



Comhairle Ceantair
an Iúir, Mhúrn agus an Dúin
Newry, Mourne and Down
District Council