

BE ACTIVE FOR LIFE

Newry Leisure Centre

January - February Timetable



MON

50+ Gym	10am - 10.45am
Circuits	11am - 11.45am
Badminton	12pm - 12.45pm
Boccia	2pm - 3pm
Teen Gym	4pm - 4.45pm

TUE

Strength & Balance	10am - 10.45am
LIIT	11am - 11.45pm
Chi Me	12pm - 12.30pm
Spin Class	2pm - 2.30pm
Teen Gym	4pm - 4.45pm

WED

Strength & Balance	10am - 10.45am
50+ Gym	11am - 11.45am
Be Active Health Network	12pm - 1pm
Badminton	12.45pm - 1.30pm
Teen Gym	4pm - 4.45pm

THU

Strength & Balance	10am - 10.45am
Chi Me	11am - 11.30am
Walking Netball (from 30th January - 20th February)	12pm - 1pm

FRI

Parent & Baby Fitness	10.30am - 11.15am
Line Dancing	11am - 12pm
Nordic Walk @Newry Tow Path	12.45pm - 1.30pm

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



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