

BE ACTIVE FOR LIFE

Down Leisure Centre

January - February Timetable



MON

Bootcamp 10am - 10.45am
Chi Me 11.15am - 11.45am
Water Aerobics 12.15pm - 12.45pm
Strength & Balance 1.15pm - 1.45pm
Teen Gym 3.45pm - 4.45pm

TUE

Parent & Baby 9.30am - 10.30am
Boccia 11am - 11.30am
Lunch Time Circuits 1pm - 1.45pm
Teen Gym 3.45pm - 4.45pm

WED

Learn to Spin 10am - 10.30am
50+ Gym 11am - 11.45am
Water Aerobics 12.15pm - 12.45pm
Chair Aerobics 1.30pm - 2.15pm

THU

Parent & Baby 9.30am - 10.30am
Circuits 11.15am - 12.15pm
Be Active Health Network 12pm - 1pm
Dance 12.30pm - 1.30pm
Teen Gym @Ballymote 4pm - 5pm

FRI

50+ Gym 10am - 10.45am
Low Intensity Interval Training 11am - 11.30am
Water Aerobics 12.15pm - 12.45pm
Bat & Chat 2pm - 3pm

For more information visit www.newrymouredown.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