



## Kilkeel Leisure Centre Fitness Class Timetable

### Monday

Spin Indoor Cycling 6.00pm – 6.45pm

### Wednesday

Spin Indoor Cycling 6.00pm – 6.45pm

### Friday

Spin Indoor Cycling 6.00pm – 6.45pm

- £5.90 per class or
- All Inclusive Membership for £32.70 / month which includes access to our fitness classes.

✦ For more information and to join online  
[www.newrymouredown.org/membership-options](http://www.newrymouredown.org/membership-options)

Class timetable is illustrative only and subject to change. Always check latest timetable on NMD Be Active app before booking and paying for your class.

#### Additional Information:

- All classes must be booked on NMD Be Active app, online or by calling us on **0330 137 4026**.
- You can view and book classes 8 days in advance.
- Please arrive at least 5 minutes before your class and swipe in or make Reception Staff aware of your arrival.
- To ensure fairness the council has a class booking penalty strike system. If you do not attend a class or cancel with less than 4 hours notice you will receive one strike. If you receive 3 or more strikes in a 60 day period you will not be able to book classes online for the next 10 days. Class bookings can still be made at Reception.
- Ensure you have appropriate clothing and footwear and make sure to bring along water to hydrate.

*For most up to date class timetables and to book your class, download the NMD Be Active app today!*

