

**BE ACTIVE FOR LIFE**

# Newcastle & Kilkeel Centre

March – May Timetable



**MON**

Kilkeel Leisure  
Centre

Older & Active Circuits & Social Café  
50+ Gym  
Water Aerobic & Social Café  
Teen Gym  
Teen Gym

10am - 11.45am  
12pm - 12.45pm  
1pm - 2pm  
3.15pm - 4pm  
4pm - 4.45pm

**TUE**

Newcastle

Be Active for Life & Socials @Bowling Pavilion  
Be Active for Life & Socials @Bowling Pavilion  
50+ Gym @Newcastle Centre  
Teen Gym @Newcastle Centre

10.30am - 11.30pm  
11.30am - 12.30pm  
2.15pm - 3.15pm  
3.45pm - 4.30pm

**WED**

Kilkeel Leisure  
Centre

Be Active for life & Socials  
Strength & Balance  
Be Active Gym  
Teen Gym

10am - 11.30am  
11.45am - 12.30pm  
1.30pm - 2.15pm  
3.30pm - 4.15pm

**THU**

Newcastle

Chair based Exercises @Bowling Pavilion  
Be Active for Life & Socials @Bowling Pavilion  
Teen Gym @Newcastle Centre

10am - 10.45am  
11am - 1pm  
3.45pm - 4.30pm

**FRI**

Kilkeel Leisure  
Centre

Parent & Baby  
Be Active Gym  
Be Active Circuits & Social Café  
Water Aerobics

9.45am - 10.30am  
11am - 11.45pm  
12.15pm - 1.15pm  
1.30pm - 2pm

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