



**Keady**  
Recreation Centre



# GYM CIRCUITS

10 WEEK PROGRAMME

6.15AM - 7.00AM | TUES & THURS

Whether you're aiming to shed pounds, tone up or simply feel great, this programme is the perfect way to stay motivated and hit your fitness goals before Christmas!

Included in **getactive**abc Tier 2 | Corporate Family memberships or pay £6.80 per class



-  2 WEEKLY CLASSES
-  PROFESSIONAL ADVICE AND GUIDANCE FROM QUALIFIED INSTRUCTORS
-  WEEKLY WEIGH IN
-  NUTRITIONAL ADVICE
-  ADDITIONAL WORKOUT PLANS/ EXERCISES FOR YOU TO TRY AT HOME



Book online, visit  
[getactiveabc.com/fitnessclasstimetables](http://getactiveabc.com/fitnessclasstimetables)



Armagh City  
Banbridge  
& Craigavon  
Borough Council