



Gilford
Community Centre



GET ACTIVE AND LOVE EVERY MOVE

ACTIVITY PROGRAMME



Updated 15 May 2026

MONDAY

Box fit 6.15pm - 7.00pm
Circuits 7.15pm - 8.00pm

WEDNESDAY

Teen Gym 4.00pm - 6.00pm

THURSDAY

Yoga 10.00am - 11.00am

FRIDAY

Teen Gym 4.00pm - 6.00pm

ADDITIONAL INFORMATION

- All getactiveabc classes must be booked online in advance
 - Members 8 days | Non members 4 days advance online booking
 - Please arrive 5 mins before the class starts
 - Please wear appropriate clothing & footwear
 - Please bring water bottle with you
 - Toilets, changing rooms and showers are available
 - For availability on Competent Climbing sessions & Competent Climbing assessments, please contact the centre reception
- ☎ 028 3883 1708



Make bookings simpler.
Download the getactiveabc app



Book Online at
getactiveabc.com/fitnessclasstimetables



Armagh City
Banbridge & Craigavon
Borough Council