Gilford
Community Centre



GET ACTIVE AND LOVE EVERY MOVE

LET'S DO THIS
JOIN ONLINE

ACTIVITY PROGRAMME

Updated 4 November 2026

MONDAY

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

TUESDAY

Legs, Bums & Tums [New]	5.15pm - 6.00pm
Cardio Cycle [New]	6.15pm - 6.45pm
Cardio Cycle [New]	6.50pm - 7.20pm

WEDNESDAY

Teen Gym	4.00pm - 6.00pm
Pilates	7.20pm - 8.05pm
Pilates	8.15pm - 9.00pm

THURSDAY

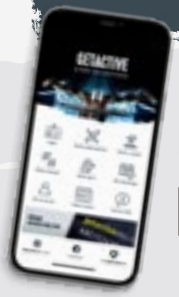
Yoga [New]	10.00am - 11.00am

FRIDAY

Cardio Abs [New]	12.00pm – 12.30pm
Cardio Cycle [New]	12.45pm - 1.15pm
Cardio Cycle [New]	1.20pm- 1.50pm

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

GET IT ON Google Play | Download on the App Store

Book Online at
getactiveabc.com/fitnessclasstimetables

Armagh City Banbridge & Craigavon Borough Council