Gilford
Community Centre



GET ACTIVE AND LOVE EVERY MOVE

LET'S DO THIS
JOIN ONLINE

ACTIVITY PROGRAMME

Updated Monday 9 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

Core Chaos [New]	5.30pm - 6.00pm
Cardio Cycle [New]	6.15pm - 6.45pm
Cardio Cycle [New]	6.50pm - 7.20pm

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