



**Gilford**  
Community Centre

# GET MOTIVATED...

SAY HELLO TO A FITTER YOU



## INDOOR ACTIVITY PROGRAMME

@ GILFORD COMMUNITY CENTRE | SEPT - DEC

### MONDAY

Over 50's Club [Starts 4 Sept]	10.00am - 12.00pm
Picketball	3.00pm - 5.00pm
Teen Gym	4.00pm - 6.00pm
Spartan Judo*	6.00pm - 7.00pm
Circuits	7.00pm - 8.00pm

### TUESDAY

Picketball	3.00pm - 10.00pm
Climbing Club* [kids 8yrs+]	6.30pm - 8.30pm

### WEDNESDAY

Yoga [NEW]	10.00am - 11.00am
Gymnastics*	1.30pm - 5.45pm
Teen Gym	4.00pm - 6.00pm
Clip and Climb* [P3 upwards]	6.30pm - 7.30pm
Cardio Cycle	6.30pm - 7.00pm
Boxing Club*	7.00pm - 8.00pm

### THURSDAY

Yoga [NEW]	10.00am - 11.00am
Picketball	3.00pm - 6.00pm
Clip and Climb* [P3 upwards]	4.00pm - 6.00pm
Taekwondo*	6.00pm - 7.30pm
HIIT	7.00pm - 8.00pm

### FRIDAY

Over 50's Club [Starts 4 Sept]	10.00am - 12.00pm
Clip and Climb [P3 upwards]	4.00pm - 6.00pm
Badminton Club* [kids 8-15yrs]	6.00pm - 8.00pm
Cardio Cycle	6.30pm - 7.00pm
Badminton Club* [adults 16yrs+]	8.00pm - 10.00pm

\*These classes are NOT included in getactiveabc memberships.  
Please contact reception for details on how to book.

### 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
- **Clip & Climb & Picketball** are 1 hour sessions included in All Inclusive, Family & Corporate Memberships, book by contacting the Centre

**Make bookings simpler.**  
Download the getactiveabc app



Book Online

**getactive**abc.com/fitnessclasstimetables



**Armagh City  
Banbridge  
& Craigavon**  
Borough Council