



Keady
Recreation Centre

GET MOTIVATED...
SAY HELLO TO A FITTER YOU



INDOOR ACTIVITY PROGRAMME

@ KEADY RECREATION CENTRE | SEPT - DEC

MONDAY

Bootcamp

6.30pm - 7.00pm

SATURDAY

Gym Circuits

9.30am - 10.00am

TUESDAY

**Cardio Cycle
Cardio Cycle
Pilates**

6.30am - 7.15am
6.30pm - 7.00pm
6.30pm - 7.30pm

WEDNESDAY

Boxercise

6.15pm - 6.45pm

THURSDAY

**Cardio Cycle
Bootcamp
Pilates**

6.30am - 7.15am
6.15pm - 6.45pm
6.30pm - 7.30pm

FRIDAY

Gym Circuits

6.15pm - 6.45pm

ADDITIONAL INFORMATION

- All 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

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



Book Online

getactiveabc.com/join



**Armagh City
Banbridge
& Craigavon
Borough Council**