



Richhill
Recreation Centre

GET MOTIVATED... CONQUER 2024

JOIN US, THERE'S STRENGTH IN NUMBERS



ACTIVITY PROGRAMME

MONDAY

Cardio Cycle 6.00pm - 6.45pm
Pilates 8.15pm - 9.15pm

TUESDAY

Nifty Fifties 9.00am - 10.30am
[including Tea & Coffee]
Cardio Cycle 6.30pm - 7.15pm
Yoga 7.30pm - 8.30pm

WEDNESDAY

Pilates 6.00pm - 7.00pm
Cardio Cycle 6.00pm - 6.45pm
Yoga 7.15pm - 8.15pm
Circuits 7.15pm - 8.00pm
Badminton Club* 8.00pm - 10.00pm

THURSDAY

Pilates 10.00am - 11.00am
Cardio Dance 6.00pm - 7.00pm

FRIDAY

Pilates 9.30am - 10.30am

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 at
getactiveabc.com/fitnessclasstimetables



Armagh City
Banbridge
& Craigavon
Borough Council