



**Keady**  
Recreation Centre

# GET MOTIVATED... CONQUER 2024

JOIN US, THERE'S STRENGTH IN NUMBERS



## ACTIVITY PROGRAMME

### MONDAY

Core  
Cardio Cycle

6.15pm - 6.45pm  
7.00pm - 7.30pm

### TUESDAY

Cardio Cycle  
Pilates  
10 Rounds

6.15am - 7.00am  
6.00pm - 7.00pm  
6.15pm - 6.45pm

### WEDNESDAY

Cardio Box  
Cardio Cycle

6.15pm - 6.45pm  
7.00pm - 7.30pm

### THURSDAY

Cardio Cycle  
Pilates  
Core

6.15am - 7.00am  
6.00pm - 7.00pm  
6.15pm - 6.45pm

### FRIDAY

Cardio Cycle  
Gym Circuits  
Gym Circuits

5.30pm - 6.00pm  
6.00pm - 6.30pm  
6.30pm - 7.00pm

### SATURDAY

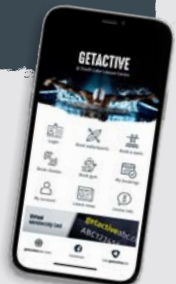
Gym Circuits

9.15am - 9.45am

### 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.  
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Book Online at  
**getactive**abc.com/keady



Armagh City  
Banbridge  
& Craigavon  
Borough Council