

GET MOTIVATED... CONQUER 2024

JOIN US, THERE'S STRENGTH IN NUMBERS



ACTIVITY PROGRAMME

MONDAY

Yoga* 9.30am - 10.30am
Cardio Dance 7.00pm - 8.00pm

TUESDAY

Teen Gym 3.00pm - 4.30pm
Beginners Cardio Cycle 6.00pm - 6.30pm
Cardio Cycle Express [NEW] 6.30pm - 7.00pm
Cardio Cycle Express [NEW] 7.15pm - 7.45pm
Legs, Bums & Tums 7.00pm - 8.00pm
Pilates 8.00pm - 9.00pm

WEDNESDAY

Pilates 11.00am - 12.00pm
Circuits 6.00pm - 7.00pm
Basketball [Youth]* 7.00pm - 8.00pm
Basketball Senior* 8.00pm - 10.00pm

THURSDAY

Teen Gym 3.00pm - 4.30pm
Ju Jit Su Junior* 6.00pm - 7.00pm
Ju Jit Su Senior* 7.00pm - 8.00pm
Cardio Tone 7.00pm - 8.00pm

FRIDAY

Nifty Fifties** 10.00am - 12.00pm
Gymnastics [4+ yrs]* 4.45pm - 6.45pm
Cardio Cycle Express [NEW] 6.15pm - 6.45pm

* Not included in getactiveabc membership | Enrolment necessary
** Enrolment necessary

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