

# GET MOTIVATED... AND FEEL GOOD

JOIN US, THERE'S STRENGTH IN NUMBERS

BE PART  
OF IT  
JOIN ONLINE

## ACTIVITY PROGRAMME

### MONDAY

**Cardio Cycle** 6.00pm - 6.45pm  
**Pilates** 8.00pm - 9.00pm

### 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](http://getactiveabc.com/fitnessclasstimetables)



Armagh City  
Banbridge  
& Craigavon  
Borough Council