



Keady
Recreation Centre



GET MORE THAN JUST A GYM

BURN BRIGHTER IN 2025 WITH GETACTIVEABC



ACTIVITY PROGRAMME

MONDAY

Core Strength
Cardio Cycle

6.00pm - 6.30pm
6.30pm - 7.00pm

TUESDAY

Pilates
10 Rounds
Badminton **[DROP IN]**

6.00pm - 7.00pm
6.00pm - 6.30pm
7.00pm - 9.00pm

WEDNESDAY

Cardio Box
Cardio Cycle

6.00pm - 6.30pm
6.30pm - 7.00pm

THURSDAY

Gym Circuits
Pilates

6.00pm - 7.00pm
6.00pm - 7.00pm

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