



GET MORE THAN JUST A GYM

BURN BRIGHTER IN 2025 WITH GETACTIVEABC



ACTIVITY PROGRAMME

MONDAY

Racquet Sports 3.30pm - 5.30pm
 Teen Gym 4.00pm - 6.00pm
 Cardio Cycle 6.15pm - 6.45pm
 Circuits 7.00pm - 8.00pm

TUESDAY

Racquet Sports 2.30pm - 5.30pm

WEDNESDAY

Yoga 10.00am - 11.00am
 Teen Gym 4.00pm - 6.00pm
 Pilates 6.15pm - 7.00pm [NEW]

THURSDAY

Yoga 10.00am - 11.00am

FRIDAY

Box-Fit 7.00pm - 7.45pm

ADDITIONAL INFORMATION

- All getactiveabc 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
- **Racquet Sports** are 1 hour sessions included in All Inclusive, Family & Corporate Memberships, book by contacting the Centre
- For availability on Climbing Sessions please contact the centre reception ☎ 028 3883 1708

Make bookings simpler.
Download the getactiveabc app



Book Online at
getactiveabc.com/gilford



Armagh City
Banbridge
& Craigavon
Borough Council