

# GET MORE THAN JUST A GYM

BURN BRIGHTER IN 2025 WITH GETACTIVEABC

# ACTIVITY PROGRAMME

**Updated 01 April 2025** 

#### MONDAY

**Cardio Cycle Pilates** 

6.00pm - 6.45pm 8.00pm - 9.00pm

### **TUESDAY**

Over 50's Club **Cardio Cycle** Yoga

9.30am - 11.00am 6.30pm - 7.15pm 7.30pm - 8.30pm

#### WEDNESDAY

**Pilates Cardio Cycle** Yoga **Body Tone [NEW] Portadown** 

6.00pm - 7.00pm 6.00pm - 6.45pm 7.15pm - 8.15pm 7.15pm - 8.00pm

**Badminton Club\*** 8.00pm - 10.00pm

#### **THURSDAY**

**Pilates Cardio Dance**  10.00am - 11.00am 6.00pm - 7.00pm

#### **FRIDAY**

**Pilates** 

11.00am - 12.00pm

\*Private booking, please contact the Centre for more information

## **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







**G@ Book Online at** getactiveabc.com/fitnessclasstimetables

