

# GET MORE THAN JUST A GYM

BURN BRIGHTER IN 2025 WITH GETACTIVEABC

## ACTIVITY PROGRAMME



Updated 01 April 2025

### MONDAY

Yoga\*

9.30am - 10.30am

Cardio Dance

7.00pm - 8.00pm

### TUESDAY

Teen Gym

3.00pm - 4.30pm

Cardio Cycle Express

6.15pm - 6.45pm

Cardio Cycle Express

6.45pm - 7.15pm

Legs, Bums & Tums

7.00pm - 8.00pm

Beginners Cardio Cycle

7.15pm - 7.45pm

Pilates

8.00pm - 9.00pm

### WEDNESDAY

Pilates

11.00am - 12.00pm

Circuits

6.00pm - 7.00pm

Advanced Cardio Cycle

6.15pm - 7.00pm

Ease into Fitness

7.00pm - 8.00pm

### THURSDAY

Teen Gym

3.00pm - 4.30pm

Ju Jit Su Junior\*

6.00pm - 7.00pm

Ju Jit Su Senior\*

7.00pm - 8.00pm

Body Tone [NEW]

7.00pm - 8.00pm

### FRIDAY

Over 50's Club\*\*

10.00am - 12.00pm

Cardio Cycle Express

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

**getactive**abc.com/fitnessclasstimetables



Armagh City  
Banbridge  
& Craigavon  
Borough Council