

GET MORE THAN JUST A GYM

BURN BRIGHTER IN 2025 WITH GETACTIVEABC

ACTIVITY PROGRAMME



Updated 28 July 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
Body Tone [NEW] 6.30pm - 7.30pm
Ju Jit Su Senior* 7.00pm - 8.00pm
Bootcamp [NEW] 7.30pm - 8.30pm

FRIDAY

Over 50's Club** 10.00am - 12.00pm
Cardio Cycle Express 6.15pm - 6.45pm

* Not included in getactiveabc membership | Enrolment necessary
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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