

GET MORE THAN JUST A GYM

BURN BRIGHTER IN 2025 WITH GETACTIVEABC

ACTIVITY PROGRAMME

Updated 01 Sept 2025

MONDAY

Racquet Sports	1.30pm - 5.30pm
Box fit	6.30pm - 7.15pm
Circuits	7.30pm - 8.30pm

TUESDAY

Racquet Sports	1.30pm - 5.30pm
Pilates	6.00pm - 6.45pm
Pilates	7.00pm - 7.45pm

WEDNESDAY

Teen Gym	4.00pm - 6.00pm
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THURSDAY

Yoga	10.00am - 11.00am
Spin	7.30pm - 8.15pm

FRIDAY

Teen Gym	4.00pm - 6.00pm
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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