

TEEN GYM

SUITABLE FOR
12-15
YEAR OLDS

12-15 year olds can attend the below Teen Gym times unaccompanied as they're supervised by a member of staff, outside of these times 12-15 year olds must be accompanied by a parent/guardian.

JULY & AUGUST TEEN GYM TIMES

MONDAY - FRIDAY

7.00am - 8.00am
1.00pm - 2.00pm
3.30pm - 4.30pm
4.45pm - 5.45pm

SATURDAY

9.15am - 10.15am
10.30am - 11.30am
12.45pm - 1.45pm

SUNDAY

1.15pm - 2.15pm
2.30pm - 3.30pm

INDUCTION TIMES

TUES, THURS, FRI | 7.00PM - 8.00PM
SAT | 2.00PM - 3.00PM
SUN | 11.30AM - 12.30PM

Gym sessions run for 1 hour and start on the hour.



MAKE BOOKINGS SIMPLER

DOWNLOAD THE GETACTIVEABC APP
BOOK TEEN GYM & INDUCTION TIMES
BY SELECTING 'BOOK CLASSES'



You must have valid email address connected to your account, please update at reception.

You must complete an induction prior to using the gym, please see Teen Gym Induction times, these can be booked online or at reception. A parent/guardian must also attend and sign the parental consent form.

For further details, visit

getactiveabc.com/teengym    



Armagh City
Banbridge
& Craigavon
Borough Council