

BE ACTIVE

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NEWRY LEISURE CENTRE

MONDAY

Boccia	11AM - 11:45AM
Kids Fundamentals for P1 - P3	3.15PM - 4PM
Multi Sports for P4 - P7	4.15PM - 5PM

TUESDAY

LIT (Low Intensity Interval Training)	9:15AM - 10AM
Beginners Bootcamp	11AM - 11.45AM
Chi Me (Gentle Tai Chi)	1PM - 1.45PM
Strength and Balance	2PM - 2.45PM
Teen Bootcamp (Boys) for 13-16 year olds	4PM - 4.45PM
Couch 2 5K (Tues 5th Oct / St. Colman's Track)	7:15PM - 8:15PM

THURSDAY

Chi Me (Gentle Tai Chi)	11:15AM - 12PM
Over 50's Group (Activities & Social Time)	1PM - 3PM
Teen Bootcamp (Girls) for 13-16 year olds	4PM - 4.45PM
Beginners Yoga	4:15PM - 5PM
Couch 2 5K (Thur 7th Oct / St. Colman's Track)	7:15PM - 8:15PM

FRIDAY

LIT (Low Intensity Interval Training)	10AM - 10.45AM
Parent & Baby Walking Group	11:15AM - 12PM
Team Sport Mix Up for 11 - 14 years	4PM - 5PM

SATURDAY (STARTING 2ND OCT)

Wheelie Active (St. Colman's Track)	10AM - 11AM
All Ability Cycle (St. Colman's Track)	12PM - 1PM

**STARTING MONDAY
27TH SEPT 2021**



**£2 PER
SESSION**