

Movement for your Mind

Movement for your Mind classes provide light to medium group-based exercise that can help to improve physical and mental well-being.

Ballyearl Leisure Centre	Monday, 6-7pm
Antrim Forum	Monday, 12-1pm and 1-2pm
Crumlin Leisure Centre	Tuesday, 5.30-6.30pm
Valley Leisure Centre	Tuesday, 6-7pm
Sixmile Leisure Centre	Wednesday, 2.15-3.15pm



Exercise is a great way to boost your mood and reduce stress, so why not take advantage of this fantastic opportunity?

Book in advance online, the classes are free for members.

Book now



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