

# Burnie Brae Activity Timetable

## MONDAY

Zumba	7:30am - 8:30am
Art	8:45am - 11:00am
Aqua Aerobics	11:10am - 12:00pm
Mahjong	12:30pm - 3:30pm

### Line Dancing

<i>Beginners Easy</i>	8:45am - 9:15am
<i>Beginners</i>	9:15am - 10:45am
<i>Improvers</i>	10:45am - 11:45am
<i>Raw Beginners</i>	11:45am - 12:45pm 8 week program

Standing Pilates	1:00pm - 2:00pm
Stability & Mobility	2.30pm - 3.30 pm Starting 5th February
Clogging	6:00pm - 9:00pm

## TUESDAY

Fit Moves	8:00am - 9:00am
Cards: 500	9:00am - 12:00pm
Yoga	9:15am - 10:15am
Knitting/Crochet Group	9:30am - 12:00pm
Scrabble	9:30am - 1:00pm
Men's Yoga	10:30am - 11:30am Starting 6th February
Singing Group	11:45am - 12:45pm
Cribbage	12:30pm - 3:30pm
Canasta	1.00pm - 4.00pm
Ukulele Beginners	1:00pm - 1:30pm
Ukulele Jam Session	1:30pm - 2:30pm

## WEDNESDAY

Dance Fitness	7:00am - 7:45am
Zumba	8:00am - 9:00am
Mahjong	9:00am - 12:00pm
Aqua Aerobics	11:10am - 12:00pm
Indoor Bowls	1:00pm - 3:00pm

## THURSDAY

Functional Fitness	8:00am - 9:00am
Carrrom	9:00am - 12:00pm
Bolivia	9:00am - 1:00pm
Bollywood Dance	9:30am - 10:30am
Scrabble	9:30am - 1:00pm
Darts ( <i>in Club Respite</i> )	8:30am - 10:30am
Core & Balance	11:00am - 12:00pm
Latercomers not admitted	
Table Tennis	12:30pm - 3:30pm

## FRIDAY

Matwork Pilates	7:30am - 8:30am
Latecomers not admitted	
Indoor Bowls	9:00am - 11:30am
Canasta	10:00am - 1:30pm
Aqua Aerobics	11:10am - 12:00pm
Qigong - Tai Chi	12:00pm - 1:00pm
Cards 500	12:00pm - 4:00pm
Square Dancing	1:30pm - 3:30pm

**Book Club** 10:30am - 12:00pm  
2nd Monday of each month

**OWN Meeting** 9:30am - 11:00am  
Older Women's Network Queensland  
2nd & 4th Thursday  
of each month

**Friday Night Dance** 7:00pm - 10:00pm  
2nd Friday of each month

**Sunday Dance** 2:00pm - 5:00pm  
3rd Sunday of each month

**Technology Training** Bookings required  
Tuesday 2:00pm - 4:00pm  
Wednesday 9:00am - 3:00pm  
Friday 9:00am - 3:00pm

## PRICES

\$5.00	Bolivia Book Club Canasta Cards: 500 Carrom Cribbage Darts Indoor Bowls Knitting & Crochet Group Mahjong OWN Meeting Scrabble Table Tennis Technology Training
\$10.00	Aqua Aerobics Beginners Ukulele Clogging Core and Balance Dance Fitness Fit Moves Functional Fitness Friday & Sunday Dances Line Dancing Classes Men's Yoga Qigong (Tai Chi) Stability & Mobility Standing Pilates Ukulele Beginners Ukulele Jam Session <i>Come along to both the beginner and jam sessions for only \$15.</i> Yoga Zumba
\$12.50	Singing Group
\$15.00	Art Bollywood Dancing Matwork Pilates Square Dancing

### How do I book a class or activity?

Bookings are only required for Technology Training. No bookings are required for all other activities, simply come along to the class and pay upon entry using cash or card.

### Do I need to be a member?

You are required to be a member to attend our activities. Join at Reception, phone 3624 2110 or via our website for an Associate Membership (free) or MemberPLUS (\$25.00 per year).

### What do I bring?

Bring along a water bottle and wear appropriate clothing for fitness and dance activities (i.e. workout wear or loose fit clothing).

**Ukulele classes:** own ukulele and music stand (optional). **Matwork Pilates/Yoga/Functional Fitness:** own mat.

**Art class:** come along to first class and then the art teacher will advise on supplies.

**Clogging/Tap:** start with normal, enclosed shoes and the instructor will advise the correct shoes as you progress in skill.

### Where do I find class information?

Individual class descriptions are available on our website: [burniebrae.org.au](http://burniebrae.org.au)



### What amenities are available at the venue?

Free car parking, disability access, bathrooms, a water bottle refill station and an on-site café are available at the Burnie Brae Centre. Our First Aid Officers are at the Centre on weekdays; 8:00am to 4:00pm.

## LOCATIONS

### MAIN HALL

60 Kuran Street, ChermSIDE

The main hall is our central activity space. Card and board games are played in the back area accessible via Café Connect's rear door, and the main hall's activity room hosts technology training, OWN meetings, and Book Club sessions.

### CHERM SIDE POOL

Aqua Aerobics

375 Hamilton Rd, ChermSIDE

