

## MONDAY

Zumba	7:30 - 8:30am
Art	8:45 - 11:00am
Italian Classes *	9:30 - 10:30am
Beginners	10:45 - 11:45am

Starts October 12

Aqua Aerobics	11:10am - 12:00pm
Line Dancing	
Absolute Beginners	11:15am - 12:15pm
Improver/Easy Intermediate	12:30 - 2:30pm
Matwork Pilates	2:45 - 3:45pm
Clogging	6:00 - 9:00pm

## TUESDAY

Strength & Balance	6:15 - 7:00am
Cardio	7:00 - 7:45am
Fit Moves	8:00 - 9:00am
Dance & Movement	9:15 - 10:15am
Tap Class	10:30 - 11:30am
Line Dancing	
Easy Intermediate	11:45am - 12:45pm
Intermediate/Advanced	1:00 - 3:00pm

### ACTIVITIES IN THE HALL

Burnie Brae Centre - 60 Kuran St, Chermside

\* ACTIVITY ROOM

### AQUA AEROBICS

Chermside Pool - 375 Hamilton Rd, Chermside

## WEDNESDAY

Zumba	8:00 - 9:00am
Aqua Aerobics	11:10am - 12:00pm
Indoor Bowls	1:00 - 3:00pm
Ukulele - beginners*	2:30 - 4:00pm
Ballroom Dancing	7:30 - 9:30pm

## THURSDAY

Functional Fitness	8:00 - 9:00am
Gypsy Rumba	9:15 - 10:15am
Table Tennis	10:30am - 12:30pm
Darts *	11:00am - 1:00pm
Memory with Movement	12:45 - 1:45pm
<i>4 week trial</i>	
Drama Group *	2:00 - 3:00pm
Yoga	3:15 - 4:15pm

## FRIDAY

Matwork Pilates	7:30 - 8:30am
Indoor Bowls	9:00 - 11:30am
Aqua Aerobics	11:10am - 12:00pm
Ukulele	11:45am - 1:45pm
Qigong - Tai Chi	2:00 - 3:00pm

## FREE

Computer Classes\*  
Wednesday & Friday

*Bookings  
essential*

7th Brigade Walking Group  
Monday - Thursday

*Outside Cafe,  
Kedron-Wavell  
Services Club*

# PRICES

Indoor Bowls  
Darts  
Table Tennis

**\$5.00**

**\$10.00**

Aqua Aerobics  
Line Dancing - all levels  
Dance & Movement  
Tap Class

**\$8.00**

Zumba  
Clogging  
Fit Moves  
Yoga  
Functional Fitness  
Drama Group  
Ukulele  
Qigong - Tai Chi  
Strength & Balance  
Cardio  
Memory with Movement

**\$12.00**

Art  
Matwork Pilates  
Dance Moves

**\$15.00**

Gypsy Rumba  
Italian Classes

**FREE**

Computer Classes  
7th Brigade Walking Group