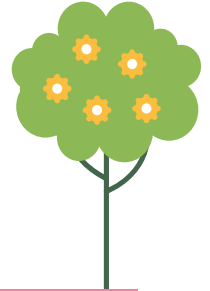




Be

HEALTHY and ACTIVE



TERM 3 **EASTERN** SCENIC RIM TIME TABLE (TAMBORINE MOUNTAIN AND SURROUNDS)

**JULY
2024**

Monday

ZUMBA GOLD WITH ANNIE

🕒 7.30am–8.30am

📍 Tamborine Memorial Hall

📞 Annie Horne
0434 593 676

Cost: \$5.00

Monday

TAI CHI AND QIGONG

🕒 9.00am–10.00am

📍 Eagle Heights Park,
Tamborine Mountain
(Corner of Southport
Avenue and Cliff Way)

📞 Jo Irons 0458 483 969

Cost: \$5.00



Monday

CARDIO TENNIS

🕒 5.30pm–6.30pm

📍 Beechmont
Tennis Club

📞 Brett Day
0409 490 590

Cost: \$5.00

Tuesday

FIT HIT WITH TENNIS

🕒 6.30pm–7.30pm

📍 Tamborine Mountain
Tennis Club

📞 Henry Rich
0477 775 671

Cost: \$5.00



Wednesday

COMMUNITY GYM CLASSES

🕒 10.30am–11.30am

📍 16 Beacon Road,
Tamborine Mountain

📞 Mikaela
0417 608 700

Cost: \$8.00

Thursday

MEDITATION

🕒 8.30am–10.30am

📍 Tamborine
Memorial Hall

📞 Annie Horne
0434 593 676

Cost: \$5.00

Thursday

ZUMBA FITNESS

🕒 6.10pm–7.10pm

📍 Zamia Theatre,
Tamborine Mountain

📞 Annie Horne
0434 593 676

Cost: \$5.00

Friday

COMMUNITY GYM CLASSES

🕒 8.00am–9.00am

📍 16 Beacon Road,
Tamborine Mountain

📞 Mikaela
0417 608 700

Cost: \$8.00

Sunday

YOGA AND MEDITATION

🕒 4.00pm–5.00pm

📍 Canungra
Grassroots
Healthcare, 29-31
Kidston Street

📞 Claire 0417187172

Cost: \$10.00



Sunday

MANAGING STRESS WITH NATURE

🕒 14 July 8.00am– 10.00am

📍 The Knoll Bushwalk Carpark,
Tamborine National Park

📞 Please RSVP by emailing
admin@tamborinemountainpsychology.com.au

Cost: Free