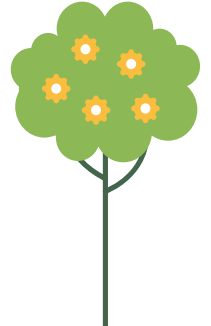




Be

HEALTHY and ACTIVE



TERM 3 **WESTERN** SCENIC RIM TIME TABLE
(BOONAH AND SURROUNDS)

**JULY
2024**

Monday

TAI CHI

🕒 4.00pm–5.00pm
📍 Carinity Fassifern Community Centre
📞 Cathy Cooper
0409 648 935
Cost: \$5.00



Monday

GYMSTICKS FITNESS

🕒 2.45pm–3.30pm
📍 Carinity Fassifern Community Centre
📞 Maree Pott
0416 056 801
Cost: \$5.00



Wednesday

TAI CHI FOR FALLS PREVENTION

🕒 10.00am–11.00am
📍 Mt Alford School of Arts Hall
📞 Sonya Spielmann
0421 337 117
Cost: \$8.00

Thursday

AQUA AEROBICS

🕒 5.30pm–6.30pm
📍 Scenic Rim Aqua Fitness Centre, Boonah
📞 5208 7005
Cost: \$5.00



Thursday

TIPS ON COMPOSTING WORKSHOP

Join Rob in the Boonah Community Garden to learn tips on pruning.
🕒 11 July 2024 10.00am–12.00pm
📍 Boonah Community Garden
📞 boonahcommunitygarden@gmail.com
Cost: Gold coin for morning tea

Friday

PILATES

🕒 10.00am–11.00am
📍 Mt Alford School of Arts Hall
📞 Sonya Spielmann
0421 337 117
Cost: \$8.00



Sunday

GET INTO GOLF

🕒 Sunday 7 July
2.00pm–4.00pm
📍 Boonah Golf Club
📞 Boonah Golf Club
07 5463 31470
Cost: \$5.00

