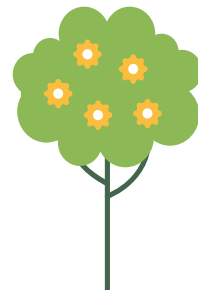




Be

HEALTHY and ACTIVE



TERM 4 **EASTERN** SCENIC RIM TIME TABLE (TAMBORINE MOUNTAIN AND SURROUNDS)

**NOV
2024**

<p>Monday</p> <p>ZUMBA GOLD WITH ANNIE</p> <p>🕒 7:15am—8:15am</p> <p>📍 Tamborine Memorial Hall</p> <p>📞 Annie Horne 0434 593 676</p> <p>Cost: \$8.00</p>	<p>Monday</p> <p>TAI CHI AND QIGONG</p> <p>🕒 9:00am—10:00am</p> <p>📍 Eagle Heights Park, Tamborine Mountain (Corner of Southport Avenue and Cliff Way)</p> <p>📞 Jo Irons 0458 483 969</p> <p>Cost: \$5.00</p>	<p>Monday</p> <p>CARDIO TENNIS</p> <p>🕒 5:30pm—6:30pm</p> <p>📍 Beechmont Tennis Club</p> <p>📞 Brett Day 0409 490 590</p> <p>Cost: \$5.00</p>	<p>Monday</p> <p>AQUA FITNESS TAMBORINE MOUNTAIN</p> <p>🕒 7:30am—8:30am</p> <p>📍 Tamborine Mountain Pool</p> <p>📞 Tamborine Mountain Pool 5610 4995</p> <p>Cost: \$5.00</p>	<p>Monday</p> <p>AQUA FITNESS CANUNGRA</p> <p>🕒 7:30am—8:30am</p> <p>📍 Canungra Pool</p> <p>📞 Canungra Pool 5610 4905</p> <p>Cost: \$5.00</p>
<p>Tuesday</p> <p>FIT HIT WITH TENNIS</p> <p>🕒 6:30pm—7:30pm</p> <p>📍 Tamborine Mountain Tennis Club</p> <p>📞 Henry Rich 0477 775 671</p> <p>Cost: \$5.00</p>	<p>Wednesday</p> <p>COMMUNITY GYM CLASSES</p> <p>🕒 10:30am—11:30am</p> <p>📍 16 Beacon Road, Tamborine Mountain</p> <p>📞 Mikaela 0417 608 700</p> <p>Cost: \$8.00</p>	<p>Wednesday</p> <p>AQUA FITNESS TAMBORINE MOUNTAIN</p> <p>🕒 9:15am—10:15am</p> <p>📍 Tamborine Mountain Pool</p> <p>📞 Tamborine Mountain Pool 5610 4995</p> <p>Cost: \$5.00</p>	<p>Wednesday</p> <p>AQUA FITNESS CANUNGRA</p> <p>🕒 7:30m—8:30am</p> <p>📍 Canungra Pool</p> <p>📞 Canungra Pool 5610 4905</p> <p>Cost: \$5.00</p>	<p>Thursday</p> <p>MEDITATION</p> <p>🕒 8:30am—10:30am</p> <p>📍 Bridge Clubhouse, Tamborine Mountain Sports Complex</p> <p>📞 Frances Munro 0412 303 841</p> <p>Cost: \$5.00</p>
<p>Thursday</p> <p>ZUMBA FITNESS</p> <p>🕒 6:10pm—7:10pm</p> <p>📍 Zamia Theatre, Tamborine Mountain</p> <p>📞 Annie Horne 0434 593 676</p> <p>Cost: \$8.00</p>	<p>Thursday</p> <p>AQUA FITNESS TAMBORINE MOUNTAIN</p> <p>🕒 9:15am—10:15am</p> <p>📍 Tamborine Mountain Pool</p> <p>📞 Tamborine Mountain Pool 5610 4995</p> <p>Cost: \$5.00</p>	<p>Friday</p> <p>COMMUNITY GYM CLASSES</p> <p>🕒 8:00am—9:00am</p> <p>📍 16 Beacon Road, Tamborine Mountain</p> <p>📞 Mikaela 0417 608 700</p> <p>Cost: \$8.00</p>	<p>Friday</p> <p>AQUA FITNESS CANUNGRA</p> <p>🕒 7:30m—8:30am</p> <p>📍 Canungra Pool</p> <p>📞 Canungra Pool 5610 4905</p> <p>Cost: \$5.00</p>	