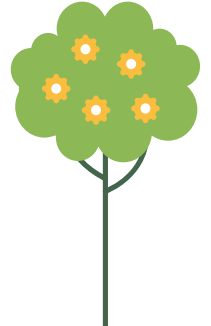




Be

HEALTHY and ACTIVE



TERM 4 **WESTERN** SCENIC RIM TIME TABLE
(BOONAH AND SURROUNDS)

**NOV
2024**

Monday

TAI CHI

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



Tuesday

GYMSTICKS FITNESS

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



Tuesday

SAFETY FOR KIDS IN THE GARDEN

🕒 12 November 2024
10.00am—12.00pm
📍 Boonah Community Garden
📞 boonahcommunitygarden@gmail.com
Cost: Gold coin for morning tea



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



Friday

PILATES

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

