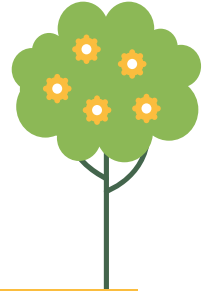




Be

# HEALTHY and ACTIVE



TERM 4 **CENTRAL** SCENIC RIM TIME TABLE  
(BEAUDESERT AND SURROUNDS)

DEC  
2024

Monday

### FUN, FRIENDS & FITNESS\*

⌚ 9.00am—10.30am

📍 Kooralbyn Community Hall

☎ Beacare 5541 4216

**Cost:** \$6.00

Monday

### YOGA FOR BEGINNERS

⌚ 9.30am—10.30am

📍 Beaudesert Community Arts and Information Centre

☎ Claire 0417187172

**Cost:** \$10.00

Monday

### MOSAICS — ART AND CRAFT\*

⌚ 1.30pm—3.30pm

📍 Beaudesert Community Arts and Information Centre

☎ Tina Jones 0418 780 861

**Cost:** \$3.00



Tuesday

### LINE DANCING AND DANCE STEPS FOR SENIORS\*

⌚ 12.45pm—3.00pm

📍 The Centre, Beaudesert

☎ Marg 0422 415 145

**Cost:** \$3.00

Tuesday

### AQUA FITNESS\*

⌚ 6.30pm—7.30pm

📍 Beaudesert Pool

☎ Beaudesert Pool 0438 686 268

**Cost:** 5.00



Wednesday

### CARDIO TENNIS\*

⌚ 6.30pm—7.30pm

📍 Beaudesert Tennis Club

☎ beaudeserttennis assoc@outlook.com

**Cost:** \$10.00

Wednesday

### AQUA FITNESS\*

⌚ 6.30pm—7.30pm

📍 Beaudesert Pool

☎ Beaudesert Pool 0438 686 268

**Cost:** 5.00

Thursday

### FUN, FRIENDS AND FITNESS\*

**Over 50's**

⌚ 9.00am—10.30am

📍 Kooralbyn Community Hall

☎ Beacare 5541 4216

**Cost:** \$6.00

Thursday

### SOCIAL TABLE TENNIS\*

⌚ 6.30pm—8.30pm

📍 Beaudesert Tennis Club

☎ beaudeserttennis assoc@outlook.com

**Cost:** \$5.00



Friday

### TRIYOGA\*

⌚ 9.00am—11.00am

📍 Beaudesert Community Arts and Information Centre

☎ Judi Steinke 0400 065 202

**Cost:** \$7.00



Saturday

### JEUNE PARK RUN

⌚ 7.00am

📍 Jeune Park, Tom Enright Drive, Beaudesert

☎ jeunepark@parkrun.com

**Cost:** Free

Last session of the year 2024: \*Mon 9 Dec \*Tues 10 Dec  
\*Wed 11 Dec \*Thurs 12 Dec \*Mon 16 Dec \*Wed 18 Dec \*Fri 27 Dec

[www.scenicrim.qld.gov.au/healthy-active-4](http://www.scenicrim.qld.gov.au/healthy-active-4)



**SCENIC RIM**  
REGIONAL COUNCIL