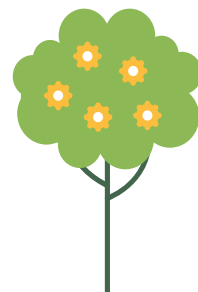




Be

HEALTHY and ACTIVE



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

**DEC
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

Monday

AQUA FITNESS TAMBORINE MOUNTAIN

🕒 7.30am—8.30am

📍 Tamborine
Mountain Pool

📞 Tamborine Mountain
Pool 5610 4995

Cost: \$5.00

Monday

AQUA FITNESS CANUNGRA

🕒 7.30am—8.30am

📍 Canungra Pool

📞 Canungra Pool
5610 4905

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

AQUA FITNESS TAMBORINE MOUNTAIN

🕒 9.15am—10.15am

📍 Tamborine
Mountain Pool

📞 Tamborine Mountain
Pool 5610 4995

Cost: \$5.00

Wednesday

AQUA FITNESS CANUNGRA

🕒 7.30m—8.30am

📍 Canungra Pool

📞 Canungra Pool
5610 4905

Cost: \$5.00

Thursday

MEDITATION*

🕒 8.30am—10.30am

📍 Bridge Clubhouse,
Tamborine Mountain
Sports Complex

📞 Frances Munro
0412 303 841

Cost: \$5.00

Thursday

ZUMBA FITNESS*

🕒 6.10pm—7.10pm

📍 Zamia Theatre,
Tamborine Mountain

📞 Annie Horne
0434 593 676

Cost: \$5.00



Friday

AQUA FITNESS CANUNGRA

🕒 7.30m—8.30am

📍 Canungra Pool

📞 Canungra Pool
5610 4905

Cost: \$5.00

Friday

AQUA FITNESS TAMBORINE MOUNTAIN

🕒 9.15am—10.15am

📍 Tamborine
Mountain Pool

📞 Tamborine Mountain
Pool 5610 4995

Cost: \$5.00



Last session of the year 2024:

*Mon 30 Dec *Mon 9 Dec *Tues 10 Dec, *Thurs 19 Dec

www.scenicrim.qld.gov.au/healthy-active-4



SCENIC RIM
REGIONAL COUNCIL