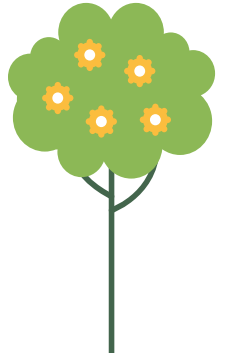




Be

HEALTHY
and ACTIVE



TERM 1 **CENTRAL** SCENIC RIM TIMETABLE
(BEAUDESERT AND SURROUNDS)

MONDAY	MONDAY	MONDAY	FREE TUESDAY	FREE TUESDAY
FUN FRIENDS & FITNESS ● 9.00am–10.30am ● Kooralbyn Community Hall (\$6) ☎ Beacare 07 5541 4216	ADULT BALLET AND TAP CLASSES ● 10.00am–11.00am ● Girl Guides Hall, Beaudesert (\$5) ☎ Hilaire 0400 292 017	YOGA AND MEDITATION ABSOLUTE BEGINNERS ● 10.30am–11.30am ● Beaudesert Community Arts and Information Centre (\$10) ☎ Claire 0417 187 172	JARJUM'S LEARN TO SWIM FIRST NATIONS* (0-5yrs parents + Carers) ● 9.00am–11.00am ● Beaudesert Pool ☎ Robbie 07 5541 2575 (B)	SOCIAL PARK WALK BEAUDESERT 11 February & 11 March ● 9.00am–10.00am ● Jubilee Park ☎ 0412 040 418
TUESDAY	TUESDAY	TUESDAY	TUESDAY	FREE TUESDAY
LINE DANCING BEAUDESERT ● 12.15pm–2.45pm ● U3A (\$3) ☎ 0407 171 813	ADULTS BACK TO BALLET ● 7.00pm–8.00pm ● Girl Guides Hall Beaudesert (\$5) ☎ Hilaire 0400 292 017	AQUA FITNESS ● 6.30pm–7.30pm ● Beaudesert Pool (\$5) ☎ Mick 0438 686 268	HIGHSCHOOLERS SOCIAL TAP DANCE ● 5.15pm–6.00pm ● Girl Guides Hall Beaudesert (\$2) ☎ Hilarie 0400 292 017	CREATIVE QUEENS! Young women ages 12-15yr 4 February to 25 March ● 3.30pm–4.30pm ● Beacare ☎ 07 5541 4216 (B)
WEDNESDAY	WEDNESDAY	WEDNESDAY	WEDNESDAY	FREE THURSDAY
ALIGNED WITH YOGA ● 9.30am–10.30am ● Tamrookum Hall (\$10) ☎ Celia 0407 165 999	MOVE TO MUSIC ● 10.00am–11.00am ● CWA Hall (\$10) ☎ Kamini 0447 495 970	AQUA FITNESS BEAUDESERT ● 6.30pm–7.30pm ● Beaudesert Pool (\$5) ☎ Mick 0438 686 268	CARDIO TENNIS ● 6.30pm–7.15pm ● Beaudesert Tennis Club (\$10) ☎ 0402 804 460	EVERYONE CAN DANCE BEGINNER ● 8.30am–10.30am ● Tamrookum Hall ☎ Lani 0488 785 325
THURSDAY	FREE THURSDAY	FREE THURSDAY	THURSDAY	FREE THURSDAY
FUN FRIENDS & FITNESS ● 9.00am–10.30am ● Kooralbyn Community Hall (\$6) ☎ Beacare 07 5541 4216	JARJUM'S LEARN TO SWIM FIRST NATIONS* (0-5yrs parents + Carers) 28 January to 1 April ● 9.00am–11.00am ● Beaudesert Pool ☎ Robbie 07 5541 2575 (B)	EVERYONE CAN DANCE ADVANCED ● 9.30am–11.30am ● Tamrookum Hall ☎ Lani 0488 785 325	DANCE WITH ME MUMS AND LITTLE ONES ● 9.00am–9.45am ● Girl Guides Hall Beaudesert (\$2) ☎ Hilarie 0400 292 017	MUNUNJALI EMPOWER FIRST NATION'S WOMEN'S GROUP (Fortnightly) ● 9.00am–3.00pm ● Mununjali Hall ☎ Robbie 07 5541 2575 (B)
FREE THURSDAY	FREE THURSDAY	THURSDAY	FREE FRIDAY	FREE FRIDAY
WOMEN AND GIRLS GET BOWLING ● 1.30pm–2.30pm ● Beaudesert Bowls Club ☎ Margaret 0412 366 455 (B) Light refreshments	YOGA FOR ALL SIZES ● 5.30pm–6.30pm ● Kooralbyn Community Hall ☎ Ruth 0451 693 863 *commences on 20 Feb	SOCIAL TABLE TENNIS ● 6.30pm–8.30pm ● Beaudesert Tennis Club (\$5) ☎ 0402 804 460	EASY COMMUNITY WALK RATHDOWNEY 21 February ● 8.00am–9.00am ● Rathdowney ☎ Lizz 0415 602 052	TRIYOGA WITH JUDI ● 9.00am–11.00am ● Beaudesert Community Arts and Information Centre ☎ Judi 0400 065 202
FRIDAY	FREE SATURDAY	FREE SATURDAY	SUNDAY	SUNDAY
HAPPIER OUTDOORS — JOURNALLING IN NATURE 14th March ● 10.00am–1.00pm (\$20) ☎ Meg 0493 602 321 (B)	YOGA FOR ALL SIZES ● 8.00pm–9.00pm ● Kooralbyn Community Hall ☎ Ruth 0451 693 863 (B) *commences on 20 Feb	INTRODUCTION TO LAWN BOWLS ● 9.00am–10.00am ● Beaudesert Bowls Club ☎ Marg 0412 366 455 (B)	WOMEN IN A MINDFUL STATE — MOVEMENT AND MEDITATION 2 February (\$10) ● 10.00am–1.00pm ● Wyaralong Dam Car Park ☎ Claire 0455 313 926 (B)	AQUA FITNESS RATHDOWNEY ● 4.30pm–5.30pm ● Rathdowney State School Pool (\$7) ☎ Carol 0457 474 888

(B) Booking required 🎟 EMPOWERHER event