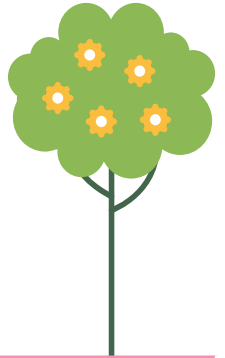




Be

HEALTHY
and ACTIVE



TERM 1 **EASTERN** SCENIC RIM TIMETABLE
(TAMBORINE MOUNTAIN AND SURROUNDS)

<p>MONDAY</p> <p>ZUMBA GOLD TAMBORINE VILLAGE</p> <ul style="list-style-type: none"> 7:15am—8:15am Tamborine Village Hall (\$8) Annie 0434 593 676 	<p>MONDAY</p> <p>AQUA AEROBICS CANUNGRA</p> <ul style="list-style-type: none"> 7:30am—8:30am Canungra Pool (\$7) 07 5610 4905 	<p>MONDAY</p> <p>Tai Chi and Qigong</p> <ul style="list-style-type: none"> 8:30am—9:30am Tamborine Mountain Botanic Gardens (\$5) Jo 0458 483 969 	<p>FREE MONDAY</p> <p>COGNITIVE HEALTH AND FITNESS</p> <ul style="list-style-type: none"> 3 February to 31 March 9:00am—10:00am Tamborine Mountain Library Mary 0402 903 620 (B) 	<p>MONDAY</p> <p>AQUA AEROBICS TAMBORINE MOUNTAIN</p> <ul style="list-style-type: none"> 9:15am—10:15am Tamborine Mountain Pool (\$7) 07 5610 4995
<p>MONDAY</p> <p>WOMEN AND GIRLS FITNESS</p> <ul style="list-style-type: none"> 3:30pm—5:00pm 16 Beacon Rd, Tamborine Mountain (\$10) Mikaela 0417 608 70 	<p>MONDAY</p> <p>CARDIO TENNIS BEECHMONT</p> <ul style="list-style-type: none"> 5:00pm—6:00pm Beechmont Tennis Club (\$10) Brett 0409 490 590 	<p>MONDAY</p> <p>ADULT SQUAD TAMBORINE MOUNTAIN</p> <ul style="list-style-type: none"> 6:00pm—7:00pm (\$7) Tamborine Mountain Pool 07 5610 4995 	<p>FREE TUESDAY</p> <p>SOCIAL PARK WALK CANUNGRA</p> <ul style="list-style-type: none"> 4 February & 4 March 9:00am—10:00am Moriarty Park 0412 040 418 (B) 	<p>FREE TUESDAY</p> <p>SOCIAL PARK WALK CANUNGRA</p> <ul style="list-style-type: none"> 18 February & 18 March 9:00am—10:00am Knoll Road Picnic Area 0412 040 418 (B)
<p>TUESDAY</p> <p>AQUA AEROBICS TAMBORINE MOUNTAIN</p> <ul style="list-style-type: none"> 9:15am—10:15am Tamborine Mountain Pool (\$7) 07 5610 4995 	<p>TUESDAY</p> <p>FIT OVER 60</p> <ul style="list-style-type: none"> 10:00am—11:00am 16 Beacon Road, Tamborine Mountain (\$8) Mikaela 0417 608 700 (B) 	<p>TUESDAY</p> <p>WOMEN AND GIRLS FITNESS</p> <ul style="list-style-type: none"> 3:30pm—5:00pm 16 Beacon Rd, Tamborine Mountain (\$10) Mikaela 0417 608 700 	<p>FREE TUESDAY</p> <p>FIT HIT WITH TENNIS</p> <ul style="list-style-type: none"> 6:30pm—7:30pm Tamborine Mountain Tennis Club Henry 0477 775 671 	<p>WEDNESDAY</p> <p>AQUA AEROBICS CANUNGRA</p> <ul style="list-style-type: none"> 7:30am—8:30am Canungra Pool (\$7) 07 5610 4905
<p>WEDNESDAY</p> <p>FIT OVER 60</p> <ul style="list-style-type: none"> 10:00am—11:00am 16 Beacon Road, Tamborine Mountain (\$8) Mikaela 0417 608 700 (B) 	<p>WEDNESDAY</p> <p>WOMEN AND GIRLS FITNESS</p> <ul style="list-style-type: none"> 3:30pm—5:00pm 16 Beacon Rd, Tamborine Mountain (\$10) Mikaela 0417 608 700 	<p>WEDNESDAY</p> <p>ADULT SQUAD CANUNGRA</p> <ul style="list-style-type: none"> 5:30pm—6:30pm Canungra Pool (\$7) 07 5610 4905 	<p>FREE THURSDAY</p> <p>MEDITATION TAMBORINE MOUNTAIN</p> <ul style="list-style-type: none"> 8:30am—10:30am Bridge Club Tamborine Mountain Frances 0412 303 841 	<p>THURSDAY</p> <p>FIT OVER 60</p> <ul style="list-style-type: none"> 10:00am—11:00am 16 Beacon Road, Tamborine Mountain (\$8) Mikaela 0417 608 700 (B)
<p>FREE THURSDAY</p> <p>FAMILY CONNECTIONS — BUSH KINDY (0-5yrs parents + Carers)</p> <ul style="list-style-type: none"> 10:00am—12:00pm CSC 3086 Beechmont Rd, Witheren (Canungra Scout Centre) Mandy 0449 029 393 (B) 	<p>THURSDAY</p> <p>WOMEN AND GIRLS FITNESS</p> <ul style="list-style-type: none"> 3:30pm—5:00pm 16 Beacon Rd, Tamborine Mountain (\$10) Mikaela 0417 608 700 	<p>THURSDAY</p> <p>ZUMBA TAMBORINE MOUNTAIN</p> <ul style="list-style-type: none"> 6:15pm—7:15pm Zamia Theatre (\$8) Annie 0434 593 676 	<p>FREE FRIDAY</p> <p>MEDITATION TAMBORINE VILLAGE</p> <ul style="list-style-type: none"> 9:00am—11:00am Tamborine Memorial Hall Frances 0412 303 841 	
<p>FREE SATURDAY</p> <p>MODERATE COMMUNITY WALK GWONGOOROO ROCK POOLS</p> <ul style="list-style-type: none"> 22 February 9:00am—10:00am Gwongoorool Rock Pools Lizz 0415 602 052 (B) 	<p>FREE SATURDAY</p> <p>MINDFUL SPOON CARVING</p> <ul style="list-style-type: none"> 15, 17, 22 February 23, 30 March Halcyon Woodcraft Studio Shop 7, 23–39 School Rd, Tamborine Mountain Nev 0411 368 177 (B) 			

(B) Booking required EMPOWHER event