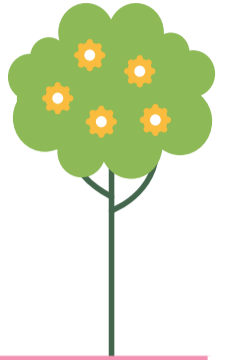




Be

HEALTHY
and ACTIVE



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

<p>MONDAY</p> <p>WOMEN AND GIRLS FITNESS </p> <ul style="list-style-type: none"> 6.00am–6.45am 9.45am–10.30am 5.00pm–5.45pm <p>16 Beacon Rd, Tamborine Mountain (\$10)</p> <p>Mikaela 0417 608 700</p>	<p>MONDAY</p> <p>ZUMBA GOLD TAMBORINE VILLAGE</p> <ul style="list-style-type: none"> 7.15am–8.15am <p>Tamborine Village Hall (\$8)</p> <p>Annie 0434 593 676</p>	<p>MONDAY</p> <p>AQUA AEROBICS CANUNGRA</p> <ul style="list-style-type: none"> 7.30am–8.30am <p>Canungra Pool (\$7)</p> <p>07 5610 4905</p>	<p>MONDAY</p> <p>AQUA AEROBICS TAMBORINE MOUNTAIN</p> <ul style="list-style-type: none"> 7.30am–8.30am <p>Tamborine Mountain Pool (\$7)</p> <p>07 5610 4995</p>	<p>MONDAY</p> <p>TAI CHI AND QIGONG</p> <ul style="list-style-type: none"> 8.30am–9.30am <p>Tamborine Mountain Botanic Gardens (\$5)</p> <p>Jo 0458 483 969</p>
<p>FREE MONDAY</p> <p>COGNITIVE HEALTH AND FITNESS</p> <p>3 February to 31 March</p> <ul style="list-style-type: none"> 9.00am–10.00am <p>Tamborine Mountain Library</p> <p>Mary 0402 903 620 (B)</p>	<p>MONDAY</p> <p>CARDIO TENNIS BEECHMONT</p> <ul style="list-style-type: none"> 5.00pm–6.00pm <p>Beechmont Tennis Club (\$10)</p> <p>Brett 0409 490 590</p>	<p>MONDAY</p> <p>ADULT SQUAD TAMBORINE MOUNTAIN</p> <ul style="list-style-type: none"> 5.15pm–6.15pm (\$7) <p>Tamborine Mountain Pool</p> <p>07 5610 4995</p>	<p>TUESDAY</p> <p>WOMEN AND GIRLS FITNESS </p> <ul style="list-style-type: none"> 6.00am–6.45am 9.45am–10.30am <p>16 Beacon Rd, Tamborine Mountain (\$10)</p> <p>Mikaela 0417 608 700</p>	<p>FREE TUESDAY</p> <p>SOCIAL PARK WALK CANUNGRA</p> <p>4 March</p> <ul style="list-style-type: none"> 9.00am–10.00am <p>Moriarty Park</p> <p>0412 040 418 (B)</p>
<p>FREE TUESDAY</p> <p>SOCIAL PARK WALK TAMBORINE MOUNTAIN</p> <p>18 February & 18 March</p> <ul style="list-style-type: none"> 9.00am–10.00am <p>Knoll Road Picnic Area</p> <p>0412 040 418 (B)</p>	<p>FREE TUESDAY</p> <p>FIT HIT WITH TENNIS</p> <ul style="list-style-type: none"> 6.30pm–7.30pm <p>Tamborine Mountain Tennis Club</p> <p>Henry 0477 775 671</p>	<p>WEDNESDAY</p> <p>WOMEN AND GIRLS FITNESS </p> <ul style="list-style-type: none"> 6.00am–6.45am 9.45am–10.30am 5.00pm–5.45pm <p>16 Beacon Rd, Tamborine Mountain (\$10)</p> <p>Mikaela 0417 608 700</p>	<p>WEDNESDAY</p> <p>AQUA AEROBICS CANUNGRA</p> <ul style="list-style-type: none"> 9.45am–10.30am <p>Canungra Pool (\$7)</p> <p>07 5610 4905</p>	<p>WEDNESDAY</p> <p>AQUA AEROBICS TAMBORINE MOUNTAIN</p> <ul style="list-style-type: none"> 9.15am to 10.15am <p>Tamborine Mountain Pool (\$7)</p> <p>07 5610 4995</p>
<p>WEDNESDAY</p> <p>FIT OVER 60</p> <ul style="list-style-type: none"> 9.45am–10.45am <p>16 Beacon Road, Tamborine Mountain (\$8)</p> <p>Mikaela 0417 608 700 (B)</p>	<p>WEDNESDAY</p> <p>ADULT SQUAD AT CANUNGRA</p> <ul style="list-style-type: none"> 6.00pm–7.00pm <p>Canungra Pool (\$7)</p> <p>07 5610 4905</p>	<p>THURSDAY</p> <p>WOMEN AND GIRLS FITNESS </p> <ul style="list-style-type: none"> 6.00am to 6.45am 9.45am to 10.30am <p>16 Beacon Rd, Tamborine Mountain (\$10)</p> <p>Mikaela 0417 608 700</p>	<p>FREE THURSDAY</p> <p>MEDITATION TAMBORINE MOUNTAIN</p> <ul style="list-style-type: none"> 8.30am–10.30am <p>Bridge Club Tamborine Mountain</p> <p>Frances 0412 303 841</p>	<p>THURSDAY</p> <p>FIT OVER 60</p> <ul style="list-style-type: none"> 9.45am–10.30am <p>16 Beacon Road, Tamborine Mountain (\$8)</p> <p>Mikaela 0417 608 700 (B)</p>
<p>THURSDAY</p> <p>ZUMBA TAMBORINE MOUNTAIN</p> <ul style="list-style-type: none"> 6.15pm–7.15pm <p>Zamia Theatre (\$8)</p> <p>Annie 0434 593 676</p>	<p>FREE THURSDAY</p> <p>FAMILY CONNECTIONS – BUSH KINDY</p> <p>(0-5yrs parents + Carers)</p> <ul style="list-style-type: none"> 10.00am–12.00pm <p>3086 Beechmont Rd, Witheren (Canungra Scout Centre)</p> <p>Mandy 0449 029 393 (B)</p>	<p>FRIDAY</p> <p>WOMEN AND GIRLS FITNESS </p> <ul style="list-style-type: none"> 6.00am–6.45am 9.45am to 10.30am <p>16 Beacon Rd, Tamborine Mountain (\$10)</p> <p>Mikaela 0417 608 700</p>	<p>FRIDAY</p> <p>FIT OVER 60</p> <ul style="list-style-type: none"> 8.00am–8.45am <p>16 Beacon Road, Tamborine Mountain (\$8)</p> <p>Mikaela 0417 608 700 (B)</p>	<p>FREE FRIDAY</p> <p>MEDITATION TAMBORINE VILLAGE</p> <ul style="list-style-type: none"> 9.00am–11.00am <p>Tamborine Memorial Hall</p> <p>Frances 0412 303 841</p>
<p>FRIDAY</p> <p>AQUA AEROBICS TAMBORINE MOUNTAIN</p> <ul style="list-style-type: none"> 9.15am–10.15am <p>Tamborine Mountain Pool (\$7)</p> <p>07 5610 4995</p>	<p>FRIDAY</p> <p>AQUA AEROBICS CANUNGRA</p> <ul style="list-style-type: none"> 7.30am to 8.30am <p>Canungra Pool (\$7)</p> <p>07 5610 4905</p>	<p>FREE SATURDAY</p> <p>PARK RUN TAMBORINE MOUNTAIN</p> <ul style="list-style-type: none"> 7.00am <p>Tamborine Mountain Sports Complex</p> <p>Tamborinemountain@parkrun.com</p>	<p>SATURDAY</p> <p>MODERATE COMMUNITY WALK GWONGOOROO ROCK POOLS </p> <p>22 February</p> <ul style="list-style-type: none"> 9.00am–10.00am <p>Gwongoorool Rock Pools</p> <p>Lizz 0415 602 052 (B)</p>	<p>FREE SATURDAY</p> <p>MINDFUL SPOON CARVING </p> <p>15, 22 February 23, 30 March</p> <ul style="list-style-type: none"> 9.00am–1.00pm <p>Halcyon Woodcraft Studio Shop 7, 23–39 School Rd, Tamborine Mountain</p> <p>Nev 0411 368 177 (B)</p>

(B) Booking required EMPOWHER event

For the most up to date timetable visit the website below.