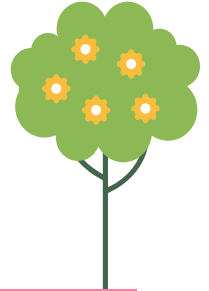




Be

HEALTHY and ACTIVE



TERM 3 **EASTERN** SCENIC RIM TIME TABLE
(TAMBORINE MOUNTAIN AND SURROUNDS)

**SEPT
2024**

Monday

ZUMBA GOLD WITH ANNIE

🕒 7:15am—8:15am
📍 Tamborine Memorial Hall
📞 Annie Horne 0434 593 676
Cost: \$8.00

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

Tuesday

FIT HIT WITH TENNIS

🕒 6:30pm—7:30pm
📍 Tamborine Mountain Tennis Club
📞 Henry Rich 0477 775 671
Cost: \$5.00



Wednesday

COMMUNITY GYM CLASSES

🕒 10:30am—11:30am
📍 16 Beacon Road, Tamborine Mountain
📞 Mikaela 0417 608 700
Cost: \$8.00



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: \$8.00



Friday

COMMUNITY GYM CLASSES

🕒 8:00am—9:00am
📍 16 Beacon Road, Tamborine Mountain
📞 Mikaela 0417 608 700
Cost: \$8.00

