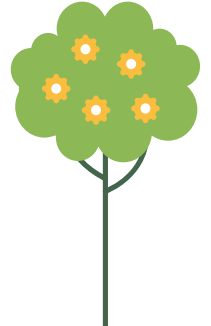




Be

HEALTHY and ACTIVE



TERM 3 **WESTERN** SCENIC RIM TIME TABLE
(BOONAH AND SURROUNDS)

**SEPT
2024**

Monday

TAI CHI
🕒 4.00pm—5.00pm
📍 Carinity Fassifern Community Centre
📞 Cathy Cooper
0409 648 935
Cost: \$5.00



Tuesday

GYMSTICKS FITNESS
🕒 2.45pm—3.30pm
📍 Carinity Fassifern Community Centre
📞 Maree Pott
0416 056 801
Cost: \$5.00



Wednesday

TAI CHI FOR FALLS PREVENTION
🕒 10.00am—11.00am
📍 Mt Alford School of Arts Hall
📞 Sonya Spielmann
0421 337 117
Cost: \$8.00



Thursday

AQUA AEROBICS
🕒 5.30pm—6.30pm
📍 Scenic Rim Aqua Fitness Centre, Boonah
📞 5208 7005
Cost: \$5.00



Thursday

WATERING WITH OLLAS WORKSHOP
🕒 Thursday 12 September 2024
10.00am to 12.00pm
📍 Boonah Community Garden
📞 boonahcommunitygarden@gmail.com
Cost: Gold coin for morning tea



Friday

PILATES
🕒 10.00am—11.00am
📍 Mt Alford School of Arts Hall
📞 Sonya Spielmann
0421 337 117
Cost: \$8.00

