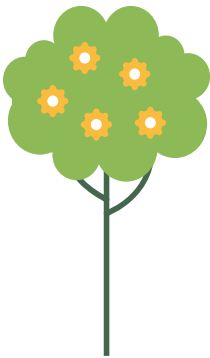




Be HEALTHY and ACTIVE



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

MONDAY	MONDAY	MONDAY	MONDAY	TUESDAY
WOMEN AND GIRLS FITNESS ● 6.00am—6.45am ● 9.45am —10.30am ● 5.00pm—5.45pm ● 16 Beacon Road, Tamborine Mountain (\$10) 📞 Mikaela 0417 608 700 (B)	ZUMBA GOLD TAMBORINE VILLAGE ● 7.15am—8.15am ● Tamborine Village Hall (\$8) 📞 Annie 0434 593 676	TAI CHI AND QIGONG ● 8.30am—9.30am ● Tamborine Mountain Botanic Gardens (\$5) 📞 Jo 0458 483 969	CARDIO TENNIS BEECHMONT ● 5.00pm—6.00pm ● Beechmont Tennis Club (\$10) 📞 Brett 0409 490 590	WOMEN AND GIRLS FITNESS ● 6.00am—6.45am ● 9.45am—10.30am ● 16 Beacon Rd, Tamborine Mountain (\$10) 📞 Mikaela 0417 608 700 (B)
FREE TUESDAY	WEDNESDAY	WEDNESDAY	FREE WEDNESDAY	THURSDAY
FIT HIT WITH TENNIS ● 6.30pm—7.30pm ● Tamborine Mountain Tennis Club 📞 Henry 0477 775 671	WOMEN AND GIRLS FITNESS ● 6.00am—6.45am, ● 9.45a —10.30am, ● 5.00pm—5.45pm ● 16 Beacon Road, Tamborine Mountain (\$10) 📞 Mikaela 0417 608 700 (B)	FIT OVER 60 ● 9.45am—10.30am ● 16 Beacon Rd, Tamborine Mountain (\$8) 📞 Mikaela 0417 608 700 (B)	MEDITATION AND MINDFULNESS CANUNGRA Commencing 23 July ● 10.00am—12.0pm ● Moriarty Park Hall 📞 Frances 0412 303 841 (B)	WOMEN AND GIRLS FITNESS ● 6.00am—6.45am, ● 9.45a —10.30am, ● 6 Beacon Road, Tamborine Mountain (\$10) 📞 Mikaela 0417 608 700 (B)
FREE THURSDAY	THURSDAY	THURSDAY	FREE THURSDAY	FRIDAY
MEDITATION AND MINDFULNESS TAMBORINE MOUNTAIN ● 8.30am—10.30am ● Bridge Club Tamborine Mountain 📞 Frances 0412 303 841	ZUMBA TAMBORINE MOUNTAIN ● 6.15pm—7.15pm ● Zamia Theatre (\$8) 📞 Annie 0434 593 676	FIT OVER 60 ● 9.45am—10.30am ● 16 Beacon Road, Tamborine Mountain (\$8) 📞 Mikaela 0417 608 700 (B)	FAMILY CONNECTIONS - BUSH KINDY (0-5yrs parents + Carers) ● 10.00am—12.00pm ● 3086 Beechmont Rd, Witheren (Canungra Scout Centre) 📞 Mandy 0449 029 393 (B)	WOMEN AND GIRLS FITNESS ● 6.00am—6.45am,, ● 9.45am to 10.30am ● 16 Beacon Road, Tamborine Mountain (\$10) 📞 Mikaela 0417 608 700 (B)
FRIDAY	FREE SATURDAY			
FIT OVER 60 ● 8.00am—8.45am ● 16 Beacon Road, Tamborine Mountain (\$8) 📞 Mikaela 0417 608 700 (B)	PARK RUN TAMBORINE MOUNTAIN ● 7.00am ● Tamborine Mountain Sports Complex 📞 Tamborinemountain @parkrun.com			

(B) Booking required 📞 EMPOWHER event