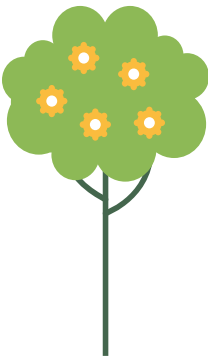




Be HEALTHY and ACTIVE



TERM 4 **EASTERN** SCENIC RIM TIMETABLE (TAMBORINE MOUNTAIN AND SURROUNDS)

MONDAY 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)	MONDAY ZUMBA GOLD TAMBORINE VILLAGE ● 7.15am—8.15am ● Tamborine Village Hall (\$8) 📞 Annie 0434 593 676	MONDAY TAI CHI AND QIGONG ● 8.30am—9.30am ● Tamborine Mountain Botanic Gardens (\$5) 📞 Jo 0458 483 969	MONDAY CARDIO TENNIS BEECHMONT ● 5.00pm—6.00pm ● Beechmont Tennis Club (\$10) 📞 Brett 0409 490 590	TUESDAY 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 FIT HIT WITH TENNIS ● 6.30pm—7.30pm ● Tamborine Mountain Tennis Club 📞 Henry 0477 775 671	WEDNESDAY 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)	WEDNESDAY FIT OVER 60 ● 9.45am—10.30am ● 16 Beacon Rd, Tamborine Mountain (\$8) 📞 Mikaela 0417 608 700 (B)	FREE WEDNESDAY MEDITATION AND MINDFULNESS CANUNGRA ● 10.00am—12.00pm ● Moriarty Park Hall 📞 Frances 0412 303 841 (B)	THURSDAY 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 MEDITATION AND MINDFULNESS TAMBORINE MOUNTAIN ● 8.30am—10.30am ● Bridge Club Tamborine Mountain 📞 Frances 0412 303 841	THURSDAY ZUMBA TAMBORINE MOUNTAIN ● 6.15pm—7.15pm ● Zamia Theatre (\$8) 📞 Annie 0434 593 676	THURSDAY FIT OVER 60 ● 9.45am—10.30am ● 16 Beacon Road, Tamborine Mountain (\$8) 📞 Mikaela 0417 608 700 (B)	FREE THURSDAY FAMILY CONNECTIONS - BUSH KINDY (0-5yrs parents + Carers) ● 10.00am—12.00pm ● 3086 Beechmont Rd, Witheren (Canungra Scout Centre) 📞 Mandy 0449 029 393 (B)	FRIDAY 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 FIT OVER 60 ● 8.00am—8.45am ● 16 Beacon Road, Tamborine Mountain (\$8) 📞 Mikaela 0417 608 700 (B)	FREE SATURDAY PARK RUN TAMBORINE MOUNTAIN ● 7.00am ● Tamborine Mountain Sports Complex ● Tamborinemountain @parkrun.com	FREE SATURDAY ADVENTURE HIKE 25 OCTOBER 2025 ● 8.00am ● Moran's Falls 📞 Lizz Hills 0415 602 052 (B)	FREE SATURDAY ADVENTURE HIKE 15 NOVEMBER 2025 ● 8.00am ● Witches Falls Circuit 📞 Lizz Hills 0415 602 052 (B)	FREE SATURDAY ADVENTURE HIKE 13 DECEMBER 2025 ● 8.00am ● Binna Burra Border Track 📞 Lizz Hills 0415 602 052 (B)

(B) Booking required 📞 EMPOWHER event