



GENTLE EXERCISE CLASSES ARE ON AGAIN!!

Strengthening, balance, fitness, flexibility and fun!

MONDAY 3rd February to 30th March, 2020

# **St Bartholomew’s Church Hall, Cnr Logan & Mountain St, Mt Gravatt**

9.30 –10.30am Gentle Exercise (10 Class Pass $60 / $8 Casual)

10.30-11.00am Tight n Tone ( Bone Building ) (Class Pass valid)

11.00-12.00noon Gently Gentle Exercise (10 Class Pass $60 / $8 Casual)

1.00-2.00pm Gentle Beginners Exercise (10 Class Pass $60/$8 Cas)

**THURSDAY 6th February to 2nd April, 2020**

***Tarragindi Uniting Church Hall, 24 Pope St, Tarragindi***

9:30 –10:30am Gentle Exercise (10 Class Pass $60 / $8 Casual)

***Mt Gravatt PCYC, 90 Klumpp Rd, Mt Gravatt – Free classes sponsored by Brisbane City council***

11:30-12:30pm Gentle Beginners Exercise - Free

1:00 – 2:00pm Tai Chair- Tai Chi seated and standing with chair for support - Free

**Bookings essential – contact Margaret Coates: Mob 0421314392**

****

GENTLE EXERCISE CLASSES ARE ON AGAIN!!

Strengthening, balance, fitness, flexibility and fun!

# **St Bartholomew’s Church Hall, Cnr Logan & Mountain St, Mt Gravatt**

MONDAY 3rd February to 30th March, 2020

# **St Bartholomew’s Church Hall, Cnr Logan & Mountain St, Mt Gravatt**

9.30 –10.30am Gentle Exercise (10 Class Pass $60 / $8 Casual)

10.30-11.00am Tight n Tone (Bone Building ) (Class Pass valid)

11.00-12.00noon Gently Gentle Exercise (10 Class Pass $60 / $8 Casual)

1.00-2.00pm Gentle Beginners Exercise (10 Class Pass $60/$8 Cas)

**THURSDAY 6th February to 2nd April , 2020**

***Tarragindi Uniting Church Hall, 24 Pope St, Tarragindi***

9:30 –10:30am Gentle Exercise (10 Class Pass $60 / $8 Casual)

***Mt Gravatt PCYC, 90 Klumpp Rd, Mt Gravatt - Free classes sponsored by Brisbane City council***

11:30-12:30pm Gentle Beginners Exercise - Free

1:00 – 2:00pm Tai Chair- Tai Chi seated and standing with chair for support - Free

**Bookings essential – contact Margaret Coates: Mob 0421314392**