

EXERCISE CLASS TIMETABLE
Term 1 commences Monday 1st February 2021

| <i>TIMES</i> | <i>MON</i> | <i>TUES</i> | <i>WED</i> | <i>THURS</i> | <i>FRI</i> |
|--------------|----------------------|---------------------|----------------|--------------------|-------------------|
| 6:30-7:30am | | Tai Chi -HanlonPk | | | Tai Chi -HanlonPk |
| 8-8:45am | | Aqua -CoorparooVill | | Aqua-CoorparooVill | |
| 8:30-9:30am | | | Tai Chi- MGCCI | | |
| 9:30-10:30am | Gentle ex -St Bart/Z | | | | |
| 11-12:00 | Gentle Ex-St Barts | | | | |
| 11:30-12:30 | | | | Gentle Ex -PCYC+Z | |
| 1-2pm | | | | Gentle Ex -PCYC | |
| 7:30-8:30pm | | Relaxation (Zoom) | | | |

St Bart's church hall: Cnr Logan/ Mountain Rd , Mt Gravatt. \$8 casual / \$60 for 10 class pass
 Hanlon Park : Cnr O'Keefe / Junction Rd, Stones Corner, basketball court / play area- donation
 Mount Gravatt Community Centre :1693 Logan Rd , Mount Gravatt - free
 Coorparoo Village : for residents only . 398 Cavendish Rd - \$7
 PCYC : 90 Klumpp Rd , Mt Gravatt , free- sponsored by BCC GOLD program
 Zoom : via email to you! Recordings available to view in your own time as option also. Donation

All classes are conducted by Margaret Coates , registered Physio ,Exercise & Tai chi Instructor
Bookings essential – please phone Margaret Coates Mob :0421 314 392 or email ichiphysio@gmail.com

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GENTLE EXERCISE CLASSES ARE ON AGAIN!!

Strengthening, balance, fitness, flexibility and fun!



MONDAY 1st February to 29th March 2021

St Bartholomew's Church Hall, Cnr Logan & Mountain St, Mt Gravatt

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

11.00-12.noon Gentle Exercise (10 Class Pass \$60 / \$8 Casual)

THURSDAY 4th February to 1st April 2021

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

11:30-12:30pm Gentle Exercise - Free (Bris City Council GOLD program)

1:00 – 2:00pm Gentle Exercise – Free (Bris City Council GOLD program)

Bookings essential – contact Margaret Coates: Mob 0421314392

Additional classes available via Zoom .- for more info email : ichiphysio@gmail.com



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