



FITNESS & SPORT CLASSES - TERM 4, 2021

Jannali Centre Classes

DAY	CLASS NAME	STARTS	TIME	SESSIONS	FEE	TRAINER
Mon	Boxing Fitness	18 Oct	9:30-10:30am	9	117	Emma Watts
	Dance Yourself Fit for Seniors	18 Oct	10:45-11:30am	9	117	Kara Kelso
	Fit & Healthy Men	18 Oct	11am-12pm	9	117	Emma Watts
	Dance Yourself Fit for Seniors	18 Oct	11:45am-12:30pm	9	117	Kara Kelso
	Fit & Strong Bones	18 Oct	1-2pm	9	117	Louise Croan
	Tone & Stretch	18 Oct	2-3pm	9	117	Louise Croan
	Circuit Training	18 Oct	6:30-7:30pm	9	117	Emma Watts
	Cardio Boxing	18 Oct	7:30-8:30pm	9	117	Emma Watts
Tue	Tai Chi with Lyn - Beginners	19 Oct	10:30-11:30am	8	104	Lynda Brownlow
	Pilates with Balls, Bands & Circles		1-2pm	Back in Term 1, 2022		
	Yoga for Beginners	19 Oct	6-7pm	9	117	Kristine Mulder - Krsnangi
	Mindful Yoga - Managing Stress	19 Oct	7-8pm	9	117	Kristine Mulder - Krsnangi
Wed	Dance Yourself Fit for Seniors	20 Oct	9am-9:45am	9	117	Kara Kelso
	Steady, Stable and Able	20 Oct	9:30-10:30am	9	117	Catherine DeMayo
	Pilates Plus	20 Oct	10:00-11:00am	9	117	Louise Croan
	Fit, Strong & Stretch	20 Oct	11:30am-1pm	9	175	Louise Croan
	Circuit Training	20 Oct	6:30-7:30pm	9	117	TBA
	Tai Chi, beginners	20 Oct	6:30-7:30pm	8	104	Serene Harris
	Tai Chi, intermediate	20 Oct	7:30-8:30pm	8	104	Serene Harris
Thu	Tai Chi with Lyn - Beginners	21 Oct	10-11am	8	104	Lynda Brownlow
	Yoga for the Over 50's	21 Oct	1:30-2:30pm	9	117	Kristine Mulder - Krsnangi
	Seated Chair Yoga	21 Oct	2:30-3:30pm	9	117	Kristine Mulder - Krsnangi
	Steady, Stable and Able	21 Oct	6:30-7:30pm	9	117	Catherine DeMayo
Fri	Yoga for the Over 50's	22 Oct	10:30am-12pm	9	148	Kristine Mulder - Krsnangi

Satellite Centre Classes

DAY	CLASS	STARTS	TIME	SESSIONS	FEE	VENUE	TRAINER
Mon	Rock 'n' Roll Basics	18 Oct	7-8pm	8	160	Stapleton Avenue Community Ctr.	Dancebeat
Tue	Lawn Bowls for Beginners	19 Oct	2:15-3:45pm	6	99	Sutherland Bowling Club	Peter Wren
	Zumba	19 Oct	6:30-7:30pm	8	80	Caringbah Pres' Church Hall	Leanne Bloom
	Modern Jive	19 Oct	7:30-10pm	8	160	Sports Medicine Institute Building	SK Dancers
Wed	Tennis	20 Oct	6:30-7:30pm	8	165	Matchpoint Tennis Courts	Steve Mowle
	Golf - Ladies Beginners Class 1	10 Nov	11-12:30pm	4	165	Hurstville Golf Course	Stewart Hardiman
Thu	The Social Dance Class	21 Oct	7-8pm	8	160	Stapleton Avenue Community Ctr.	Dancebeat
	Modern & Country Line Dance	21 Oct	7:30-9pm	8	144	Sports Medicine Institute Building	SK Dancers
	West Coast Swing	21 Oct	8-9pm	8	160	Stapleton Avenue Community Ctr.	Dancebeat
Fri	Tennis	22 Oct	10-11am	8	165	Matchpoint Tennis Courts	Steve Mowle
Sat	Zumba	23 Oct	9-10am	8	80	Caringbah Pres' Church Hall	Leanne Bloom
Sun	Golf - Mixed Beginners Class	14 Nov	11-12:30pm	4	165	Hurstville Golf Course	Stewart Hardiman

