



FITNESS & SPORT CLASSES

Jannali Centre Classes

DAY	CLASS NAME	STARTS	TIME	SESSIONS	FEE	TRAINER
Mon	Fit for Life	25 Jan	9-10am	10	130	Tayla Bangs
	Boxercise	25 Jan	9:30-10:30am	10	130	Ruth Brown
	Dance Yourself Fit for Seniors	25 Jan	10:45-11:30am	10	130	Kara Kelso
	Zumba Gold	25 Jan	11:45am-12:30pm	10	130	Kara Kelso
	Fit & Strong Bones	25 Jan	1-2pm	10	130	Louise Croan
	Tone & Stretch	25 Jan	2-3pm	10	130	Louise Croan
	Circuit Training	25 Jan	6:30-7:30pm	10	130	TBA
	Cardio Boxing	25 Jan	7:30-8:30pm	10	130	TBA
Tue	Pilates with Balls, Bands & Circles	2 Feb	1:30-2:30pm	9	117	Louise Giunta
	Yoga for Beginners	2 Feb	6-7pm	9	117	Kristine Mulder - Krsnangi
	Mindful Yoga - Managing Stress	2 Feb	7-8pm	9	117	Kristine Mulder - Krsnangi
Wed	Dance Yourself Fit for Seniors	27 Jan	9-9:45am	10	130	Kara Kelso
	Steady, Stable and Able	27 Jan	9:30-10:30am	10	130	Catherine DeMayo
	Pilates Plus (NEW TIME)	27 Jan	10:00-11:00am	10	130	Louise Croan
	Fit, Strong & Stretch (NEW TIME)	27 Jan	11:30am-1pm	10	194	Louise Croan
	Fit & Healthy Men	27 Jan	12:15-1:15pm	10	130	Ruth Brown
	Circuit Training	27 Jan	6:30-7:30pm	10	130	Tayla Bangs
	Tai Chi, Beginners	3 Feb	6:30-7:30pm	8	104	David Hill
	Circuit Training	27 Jan	7:30-8:30pm	10	130	Tayla Bangs
	Tai Chi, Intermediate	3 Feb	7:30-8:30pm	8	104	David Hill
Thu	Tai Chi with Lyn - Beginners	4 Feb	10-11am	8	104	Lynda Brownlow
	Yoga for the Over 50's	28 Jan	1:30-2:30pm	10	130	Kristine Mulder - Krsnangi
	Seated Chair Yoga	28 Jan	2:30-3:30pm	10	130	Kristine Mulder - Krsnangi
	Circuit Training	28 Jan	6:30-7:30pm	10	130	TBA
	Cardio Boxing	28 Jan	7:30-8:30pm	10	130	TBA
Fri	Yoga for the Over 50's	29 Jan	10:30am-12pm	8	148	Kristine Mulder - Krsnangi

No discount Fitness & Sport Classes



Satellite Centre Classes

DAY	CLASS	STARTS	TIMES	SESSIONS	FEE	VENUE	TRAINER
Mon	Aerobic Dancing Fitness (NEW START DATE)	1 Feb	6-7pm	10	145	Sydney Technical High School	Coralie Broadley
	Yoga & Relaxation - Beg to Inter	1 Feb	7-8:30pm	8	150	Kogarah High School	TBC
Tue	Aerobic Dancing Fitness (NEW START DATE)	2 Feb	9:30-10:30am	10	145	Mortdale Community Hall	Coralie Broadley
	Lawn Bowls for Beginners	2 Feb	2:15-3:45pm	6	99	Sutherland Bowling Club	Peter Wren
	Aerobic Dancing Fitness (NEW START DATE)	2 Feb	6-7pm	10	145	Hurstville Senior Citizens Ctr.	Coralie Broadley
	Zumba	2 Feb	6:30-7:30pm	9	90	Caringbah Pres' Church Hall	Leanne Bloom
Wed	Tennis	3 Feb	6:30-7:30pm	8	165	Matchpoint Tennis Courts	Steve Mowle
	Golf - Ladies Beginners Class 1	10 Feb	11am-12:30pm	4	165	Hurstville Golf Course	Stewart Hardiman
Fri	Tennis	5 Feb	10-11am	8	165	Matchpoint Tennis Courts	Steve Mowle
Sat	Zumba	30 Jan	9-10am	9	90	Caringbah Pres' Church Hall	Leanne Bloom
	Kayaking - Bundeena Beaches & Royal National Park	27 Feb	8-11am	1	99	Bonnie Vale Picnic Grounds, Bundeena	Bruce Sigal
Sun	Dragon Boat Paddling with Port Hacking Dragon Boat Club	7 Feb	7-9am	5	120	Port Hacking Dragon Boat Club	Ken Fitzgerald
	Learn to Stand Up Paddle Board (SUP)	28 Feb	8-9:30am	1	68	Bonnie Vale Picnic Grounds, Bundeena	Bruce Sigal
	Kayaking - Learn to Kayak Session	28 Feb	9-10:30am	1	68	Bonnie Vale Picnic Grounds, Bundeena	Bruce Sigal
	Golf - Mixed Beginners Class	7 Feb	11am-12:30pm	4	165	Hurstville Golf Course	Stewart Hardiman

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