

| <i>SENIORS Inc. (aka the Little Bay Coast Centre)</i> | | | | | | |
|---|----------|-------------|-------------|-------------|-------------|---------------|
| Enquiries and Bookings T: 9811 4886 Web: www.coastcentre.org.au | | | | | | |
| ANNUAL MEMBERSHIP \$30.00 | | | | | | |
| CLASS | \$ | MON | TUE | WED | THU | FRI |
| Aerobics with Luda | \$10.00 | 1:30-2:15 | | | | |
| Aerobics with Danielle | \$10.00 | | | 9:30-10:15 | 9:00-9:45 | |
| Aerobics (gentle) with Tanya | \$10.00 | 10:30-11:30 | | | | |
| Art with Amanda /W Colours | \$80.00* | | 1:30- 4:00 | | | |
| Art with Harry - Watercolours | \$10.00 | | 10:00-12:00 | | | |
| Art with Pat - Drawing | \$10.00 | | | | 1:00-3:00 | |
| Art with Teresa - Oils | \$10.00 | | | 9:30-2:30 | | |
| Barre | \$10.00 | 11:15-12:00 | | | | |
| Bridge | \$7.50 | | 10:00-1:00 | | | |
| Calligraphy | \$7.50 | | 10:00-12:00 | | | |
| Candlewicking / Embroidery | \$7.50 | | | 9:30-11:15 | | |
| Chair Yoga | \$10.00 | 11:00-12:00 | 1:00 -2:00 | | 11:00-12:00 | |
| Choir | \$5.00 | | | 1:00-2:00 | | |
| Computer - One to One | \$7.50 | | 10:00-12:00 | | 10:00-12:00 | |
| Crochet / Knitting - class full | \$7.50 | | | | 11:30-1:00 | |
| Dancercise | \$10.00 | | | 10:30-11:30 | | |
| Films, Tea & Chat-Program in reception | \$8.00 | | | | | 10:00-12:30 |
| Folk Art | \$7.50 | | | | | 10:00-12:00 |
| French - Beginners with Karima | \$10.00 | 9:30-10:30 | | | | |
| French - Intermediate with Karima | \$10.00 | 10:30-11:30 | | | | |
| French - Conversation with Karima | \$10.00 | 11:30-12:30 | | | | |
| French - Intermediate with Evelyn | \$7.50 | | | | | 10:30-11:30 |
| Healing Touch - By App Only - Temp closed | Donation | | | 10:30-1:00 | | |
| Italian - Intermediate with Daniel | \$10.00 | 9:15-10:45 | | | | |
| Italian - Continuers with Daniel | \$10.00 | 11:00-12:30 | | | | |
| Italian - Beginners with Daniel | \$10.00 | 1:00-2:30 | | | | |
| Mind, Movement & Dance | \$10.00 | | | | 10:30-11:30 | |
| Movie & Coffee Days - Ask at Reception | Own Cost | | | TBA | | |
| Patchwork/Quilting | \$7.50 | | 1:00-3:00 | 11:30-2:30 | | |
| Pilates (Mat) | \$10.00 | | | 8:15-9:15 | | |
| Qigong | \$10.00 | | 9:15-10:45 | | | |
| Resistance Training | \$10.00 | 10:00-11:00 | | 8:30 - 9:15 | | 9:30-10:15 |
| Spanish - Beginners | \$10.00 | 10:30-12:00 | | | | |
| Spanish - Next Step | \$10.00 | 12:30-2:00 | | | | |
| Stretch and Strengthen with Robina | \$10.00 | | | | | 9:30-10:30 |
| Table Tennis | \$7.50 | | 12:15-2:30 | 10:30-12:30 | 12:15-2:30 | |
| Tap - Beginners | \$10.00 | | 1:00-2:00 | | | |
| Tap | \$10.00 | | | | | 11:00-12:00 |
| Technology Forum - 1st & 3rd Mon | \$7.50 | 1:00 - 3:00 | | | | |
| Tone & Tighten | \$10.00 | | 10:45-12:15 | | | |
| Ukeleles & U | \$5.00 | | 2:15-3:30 | | | |
| Walking Group | | | | | | see timetable |
| Yoga - Raj | \$10.00 | 8:30 - 9:30 | | 8:30 - 9:30 | | |
| Yoga - Erika | \$10.00 | | 7:45-8:45 | | 8:30-9:20 | |
| Yoga - Stretch and Core - Erika | \$10.00 | | | | 7:30-8:20 | |
| Yin Yoga (Stretch Class) - Danielle | \$10.00 | 12:15-1:15 | | | | |

AFTER HOURS

| CLASS | MON | MON | TUE | WED | THU | SAT |
|---|------------|-------------|------------|-------------|------------|--------------|
| <i>Jazzercise</i> | | 6:30-7:30pm | | 6:30-7:30pm | | 9:30-10:30am |
| Yanti Kurniawan - 0413 799 793 | | | | | | |
| <i>Yoga</i> | | | | | | |
| Ania - 0413 645 972 - In cottage on Sundays | | | | | | |
| 8:30 am to 10:00 am | | | | | | |
| | | | | | | |
| <i>Yoga - Cottage</i> | | | | | 9:30-10:30 | |
| Erika - 0416 132 223 | | | | | | |