

**JANUARY ONLY**  
Start Jan 10



**The Cottage**



**Heritage Hospital Rooms**



**Art  
Aerobics  
Craft  
Dance  
Pilates  
Qigong  
Yoga  
Computers  
+  
Devices**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday	SATURDAY
7:30				STRETCH & CORE - Erika - ●		YOGA FLOW - Amy - ●
7:45						
8:15			PILATES - Danielle - Media Rm			
8:30		YOGA - Erika - ●	YOGA - Erika - ● RESISTANCE - Shaun - Wattle Rm	YOGA - Erika - ●	YOGA - Erika ●	
9:00				AEROBICS - Natalie - Wattle Rm		
9:15						
9:30		ITALIAN Intermediate- Maria Hibiscus Rm	CHAIR DANCING - Tanya - Wattle Rm AEROBICS - Danielle ● PERSONAL TRAINING FOR MEN - Shaun - The Deck Start 19 Jan		STRETCCH + STRENGTH - Robina Wattle Rm	
10:00	RESISTANCE - Manal ● AEROBICS Gentle - Tanya - Wattle Rm Start 17 Jan COMPUTER 1 ON 1- Caroline	Start 18 Jan COMPUTER 1 ON 1 - Peter BRIDGE - Wattle Rm		STRENGTH/RESIST- Robyn Wattle Rm		
10:30		Start 18 Jan ART - Harry - 2hr Art Studio	DANCERCISE - Tanya - Wattle Rm	Resume 22 Jan MIND, MOVE, DANCE - Tanya ● Wattle Rm	FRENCH CONVERSATION - Eveline	
10:45		TONE & TIGHTEN - Robina ●				
11:00	YOGA CHAIR - Erika ●				TAP 2 - Robina - Wattle Rm	
11:15	BARRE - Danielle - Wattle Rm					
11:30				YOGA CHAIR - Erika - ●		
12:00						
12:15	YIN YOGA - Danielle - Wattle Rm			FELLOWSHIP - ●		
12:30			TABLE TENNIS - 2 hr South Hall			
1:00		TAP 1 - Robina - Wattle Rm				
1:30		Start 18 Jan ART - Amanda Art Studio				
2:00						
2:15						
6:00		FELLOWSHIP ●		FELLOWSHIP - ●	FELLOWSHIP - ●	
6:30					YOGA SOUL - Amy (monthl)	
8:00						

**CONTACTS**

ERIKA  
0416 132 223

ANIA  
0413 645 972

SIMON  
0421 815 254

RAJ  
0418 409 140

ROBINA  
9311 4886

AMY  
0422 967 454

YANTI  
0413 799 793

Legend :  
Classes in the Cottage → ●  
All other Classes in the Heritage Rooms

**THE COTTAGE & Heritage Hospital Rooms**  
Cnr Ewing & Pine Ave,  
Little Bay

Everyone is welcome...  
Casual visits and payments for  
most classes accepted.  
Enquires -  
E. administration@coastcentre.org.au

T- 9311 4886  
Check our website  
www.coastcentre.org.au