

<b>SENIORS Inc. (aka the Little Bay Coast Centre)</b>						
Enquiries and Bookings T: 9311 4886 Web: www.coastcentre.org.au						
<b>JANUARY 2022 ONLY</b>			<b>ANNUAL MEMBERSHIP \$33.00</b>			
<b>CLASS</b>	<b>\$</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>
Aerobics with Luda - 31 Jan	\$10.00	1:30-2:15				
Aerobics with Danielle - 12 Jan	\$10.00			9:30-10:15		
Aerobics with Natalie - to be advised	\$10.00				9:00-9:45	
Aerobics (gentle) with Tanya - 10 Jan	\$10.00	10:30-11:30				
Art with Amanda /W Colours - 18 Jan	\$80.00*		1:30- 4:00			
Art with Harry - Watercolours - 18 Jan	\$10.00		10:00-12:00			
Art with Pat - Drawing - On hols	\$10.00				1:00-3:00	
Art with Teresa - Oils - On hols	\$10.00			9:30-2:30		
Barre with Danielle - 10 Jan	\$10.00	11:15-12:00				
Bridge - 11 Jan	\$7.50		10:00-1:00			
Chair Yoga with Erika - 10 Jan	\$10.00	11:00-12:00			11:00-12:00	
Choir - On hols	\$5.00			1:00-2:00		
Computer - One to One - 17 & 18 Jan	\$7.50	10:00-12:00	10:00-12:00			
Crochet / Knitting with Barbara - 27 Jan	\$7.50				11:30-1:00	
Dancercise with Tanya - 12 Jan	\$10.00			10:30-11:30		
Dancing in a chair with Tanya - 12 Jan	\$10.00			9:30-10:30		
Folk Art with Desolea - Temp closed	\$7.50					10:00-12:00
French - Beginners with Karima - On hols	\$10.00	9:30-10:30				
French - Intermediate with Karima - On hols	\$10.00	10:30-11:30				
French - Conversation with Karima - On hols	\$10.00	11:30-12:30				
French - Intermediate with Evelyn - 22 Jan	\$7.50					10:30-11:30
Healing Touch - By App Only - Temp closed	Donation			10:30-1:00		
Italian - Intermediate with Maria - 11 Jan	\$7.50		9:30-12:00			
Italian - Intermediate with Daniel - 31 Jan	\$10.00	9:15-10:45				
Italian - Continuers with Daniel - 31 Jan	\$10.00	11:00-12:30				
Italian - Beginners with Daniel - 31 Jan	\$10.00	1:00-2:30				
Meditation - Alison - Temp closed	\$10.00			2:00-3:00		
Mind, Movement & Dance with Tanya - 13 Jan	\$10.00				10:30-11:30	
Movie & Coffee Days - Ask at Reception	Own Cost			TBA		
Patchwork/Quilting with Jackie - On hols	\$7.50			11:30-2:30		
Personal training for men with Shaun - 19 Jan	\$10.00			9:30-10:15		
Pilates (Mat) with Danielle - 12 Jan	\$10.00			8:15-9:15		
Qigong with Simon - On hols	\$10.00		9:15-10:45			
Resistance Training with Manal - 10 Jan	\$10.00	10:00-11:00				
Resistance Training with Shaun - 19 Jan	\$10.00			8:30-9:15		
Spanish - Beginners with Marilo - 24 Jan	\$10.00	10:30-12:00				
Spanish - Next Step with Marilo - 24 Jan	\$10.00	12:30-2:00				
Stitches,Crafts & Chat with Pat - On hols	\$7.50			9:00-11:00		
Strength & Resistance with Robyn - 20 Jan	\$10.00				9:30-10:30	
Stretch & Core with Erika - 20 Jan	\$10.00				7:30-8:20	
Stretch/Strengthen(chair) with Robina - 14 Jan	\$10.00					9:30-10:30
Table Tennis - 11 Jan	\$7.50		12:15-2:30		12:15-2:30	
Tai Chi - Alison - Temp closed	\$10.00			1:00-2:00		
Tap - Beginners with Robina - 11 Jan	\$10.00		1:00-2:00			
Tap with Robina - 14 Jan	\$10.00					11:00-12:00
Technology Forum - 1st & 3rd Mon - On hols	\$7.50	1:00 - 3:00				
Tone & Tighten with Robina - 11 Jan	\$10.00		10:45-12:15			
Ukeleles & U with Sue - Temp closed	\$5.00		2:15-3:30			
Walking Group - See schedule						see timetable
Yoga - Raj - 31 Jan	\$10.00	8:30 - 9:30		8:30 - 9:30		
Yoga - Erika - 18 Jan	\$10.00		7:45-8:45		7:45-8:45	
Yin Yoga (Stretch Class) - Danielle - 10 Jan	\$10.00	12:15-1:15				

**AFTER HOURS**

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