

<i>SENIORS Inc. (aka the Little Bay Coast Centre)</i>						
Enquiries and Bookings T: 9311 4886 Web: www.coastcentre.org.au						
Pink background denotes classes in Cottage						
ANNUAL MEMBERSHIP \$33.00						
CLASS	\$	MON	TUE	WED	THU	FRI
Aerobics with Luda (Cardio)	\$12.00	1:30-2:15				
Aerobics with Natalie (Cardio)	\$12.00			9:30-10:15		
Aerobics with Natalie (Cardio)	\$12.00				9:00-9:45	
Aerobics with Tanya - Movercise (Cardio)	\$12.00	9:00-9:45				
Aerobics - Tanya (low impact/medium rhythms)	\$12.00	10:30-11:15				
Aerobics with Tanya (Slow rhythms)	\$12.00				10:30-11:15	
Art with Amanda /W Colours	\$12.00		1:00- 4:00			
Art with Harry - Watercolours	\$12.00		10:00-12:00			
Art with Pat - Drawing	\$12.00				1:00-3:00	
Art with Teresa - Oils	\$12.00			9:30-2:30		
Barre with Manal	\$12.00	11:15-12:00				
Bridge	\$8.50		10:00-1:00			
Chair Yoga with Erika	\$12.00	11:00-12:00			11:00-12:00	
Chair Dancing with Tanya	\$12.00			9:30-10:30		
Choir - 9 Mar	\$8.50			1:00-2:00		
Computer - One to One	\$8.50	10:00-12:00	10:00-12:00			
Crochet / Knitting with Barbara	\$8.50				11:30-1:00	
Dancercise with Tanya (Cardio)	\$12.00			10:30-11:15		
Dancing for your Brain with Natalie	\$12.00					8:45-9:45
Drama Workshops with Jon	\$8.50	1:30-2:30		10:30-1:00		
Folk Art with Desolea	\$8.50					10:00-12:00
French - Beginners with Yasmin	\$12.00					9:15-10:15
French - Intermediate with Karima - On hols	\$12.00	10:30-11:30				
French - Conversation with Karima - On hols	\$12.00	11:30-12:30				
French - Intermediate with Evelyn	\$8.50					10:30-11:30
Italian - Intermediate with Maria	\$8.50		9:30-12:00			
Italian - Intermediate with Daniel	\$15.00	9:15-10:45				
Italian - Continuers with Daniel	\$15.00	11:00-12:30				
Italian - Beginners with Daniel - Temp closed	\$15.00	1:00-2:30				
Movie & Coffee Days - Ask at Reception	Own Cost			TBA		
Patchwork/Quilting with Jackie	\$8.50		1:00-3:00	11:30-2:30		
Pilates (mat) with Lucia	\$12.00		9:30-10:30			
Qigong with Gina	\$12.00			10:30-11:30		
Resistance Training with Manal	\$12.00	10:00-11:00				
Resistance Training with Shaun	\$12.00			8:30-9:15		
Resistance Training for men with Shaun	\$12.00			9:30 - 10:15		
Spanish - Next Step with Marilo (per term)	\$150.00	10:30-12:00				
Spanish - Intermediate with Marilo (per term)	\$150.00	12:30-2:00				
Stitches,Crafts & Chat with Pat	\$8.50			9:00-11:00		
Strength & Resistance with Robyn	\$12.00				9:30-10:30	
Stretch & Core with Erika	\$12.00				7:30-8:20	
Stretch/Strengthen(chair) with Robina	\$12.00					9:30-10:30
Stretch Yoga - (Yin Yoga) - Erika	\$12.00	12:00-1:00				
Table Tennis	\$8.50		12:15-2:30		12:15-2:30	
Tai Chi - Immanuel Suttner	\$12.00				10:30-11:30	
Tap - Beginners with Robina	\$12.00		1:00-2:00			
Tap with Robina	\$12.00					11:00-12:00
Technology Forum - 1st & 3rd Mon - 21 Feb	\$8.50	1:00 - 2:00				
Tone & Tighten with Robina	\$12.00		10:45-12:15			
Ukeleles & U with Sue	\$8.50		1:30-3:30			
Walking Group						see timetable
Yoga - Raj	\$12.00	8:30 - 9:30		8:15-9:15		
Yoga - Erika	\$12.00		7:45-8:45		8:30-9:20	

**AFTER HOURS**

<b>CLASS</b>	<b>MON</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>SAT</b>
<b>Cape Banks Family History Society</b>			10:00am-3:00pm			10:00am-3:00pm
Frangipani Room, Main building						
Enquiries: <a href="mailto:secretary@capebanks.org.au">secretary@capebanks.org.au</a>						
<a href="http://www.capebanks.org.au">www.capebanks.org.au</a>						
<b>Jazzercise</b>		6:30-7:30pm		6:30-7:30pm		9:30-10:30am
<b>Yanti Kurniawan - 0413 799 793</b>						
<b>Yoga - Cottage</b>					9:30-10:30	
Erika - 0416 132 223						