

**SENIORS Inc. Annual Membership \$33**

Enquiries and Bookings T: 9311 4886 Web: www.coastcentre.org.au. BULK BUY 10 x \$15 classes = \$110 ; 4 x \$8.50 = \$30

**Pink denotes classes in the Cottage**

<b>Colour Codes</b>	<b>Sand</b>	<b>Hi Impact</b>	<b>Orange</b>	<b>InterMediate</b>	<b>Blue</b>	<b>Light</b>
<b>CLASS</b>	<b>\$</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>
Aerobics with Luda (Cardio)	\$15.00	12:30-1:15				
Aerobics with Natalie (Cardio)	\$15.00			9:30-10:15	8:45-9:30	
Aerobics with Tanya - Movercise (Cardio)	\$15.00	9:00-9:45				
Aerobics - Tanya (low impact/med rhythms)	\$15.00	10:30-11:30				
Aerobics with Tanya (Slow rhythms)	\$15.00				10:30-11:15	
Art with Mersina/W Colours	\$15.00		1:00- 4:00			
Art with Michael / W Colour en plein air	\$15.00	10:00-12:00				
Art with Harry W/colours	\$15.00		10:00-12:00			
Art with Pat - Drawing	\$15.00				1:00-3:00	
Art with Teresa - Oils/Mixed Media	\$15.00			9:30-2:30		
Back Care - Strength Building	\$15.00	1:00-2:00				
Ballet	\$15.00		12- 1.00			
Book Club - first Tues of each month	\$8.50		10:00-11:00			
Bridge	\$8.50		10:00-1:00			
Chair Dancing with Tanya	\$15.00			9:30-10:30		
Chair Yoga with Erika ( Light)	\$15.00	11:00-12:00			11:00-12:00	
Choir	\$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	\$15.00					10:45-11:45
Dancercise with Tanya (Cardio)	\$15.00			10:30-11:30		
Dancing for your Brain with Natalie	\$15.00					8:45-9:45
Digital Photography	\$8.50				10:00-12:00	
Drama Workshops with Jon	\$15.00	1:30-3:30				
Folk Art with Desolea	\$8.50					10:00-12:00
French - Begg & Advanced with Karima+Papers	\$15.00		9:30 & 10:30			
French - Intermediate with Eveline	\$8.50					11:00-12:00
Italian - Intermediate with Maria	\$8.50		9:30-12:00			
Italian - Beginners Instructor TBC	\$15.00					
Italian - Conversation Instructor TBC	\$15.00					
Patchwork/Quilting with Jackie	\$8.50			11:30-2:30		
Pilates (mat) with Lucia	\$15.00		9:30-10:30			
Resistance Training with Manal	\$15.00	10:00-11:00				
Resistance Training with Shaun	\$15.00			8:30-9:15		
Resistance Training for men with Shaun	\$15.00			9:30 - 10:15		
Shape & Strength with Manal	\$15.00	11:15-12:00				
Singing	\$8.50	1.30-3:00				
Spanish-Begg with Marilo (per term)+digitals	\$150.00	9:00-10:00				
Spanish-Next Step with Marilo (per term)+digitals	\$150.00	10:30-12:00				
Spanish-Advanced with Marilo (per term)+digitals	\$150.00	12:30-2:00				
Stitches,Crafts & Chat with Pat	\$8.50			9:00-11:00		
Strength & Resistance with Robyn	\$15.00				9:30-10:15	
Stretch & Core with Erika	\$15.00				8:30-9:20	
Stretch/Strengthen(chair) with Robina	\$15.00					9:30-10:30
Stretch Yoga - (Yin Yoga) - Erika	\$15.00	12:15-1:15				
Table Tennis	\$8.50		12:15-2:30		12:15-2:30	
Tai Chi - Immanuel Suttner	\$15.00				10:30-11:30	
Tap - Beginners with Robina	\$15.00		1:00-2:00			
Tap with Robina	\$15.00					11:00-12:00
Tone & Tighten with Robina	\$15.00		10:45-12:15			
Ukeleles & U with Sue	\$8.50		1:30-3:30			
Walking Group						see timetable
Yoga -Derynthia	\$15.00	8:30 - 9:30				
Yoga - Erika	\$15.00		7:45-8:45			
Yoga - Josie	\$15.00				7:15-8:15	

**AFTER HOURS**

<b>CLASS</b>	<b>MON</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>SAT</b>
<b>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>						
<a href="#">Randwick Art Society</a>						
<a href="#">Art Studio</a>					10:00-12:00	
<b>Jazzercise</b>		6:30-7:30pm		6:30-7:30pm		9:30-10:30am
Yanti Kurniawan - 0413 799 793						
<b>Movie &amp; Coffee Days - Ask at Reception</b>	<b>Own Cost</b>			<b>TBA</b>		
<b>Yoga - Cottage</b>					9:30-10:30	
Erika - 0416 132 223						