

SENIORS Inc. Annual Membership \$33

Enquiries and Bookings T: 9311 4886 Web: www.coastcentre.org.au. BULK BUY 10 x \$15 classes – \$120 ; 4 x \$8.50 – \$30

Pink denotes classes in the Cottage

Colour Codes	Sand	Hi Impact	Orange	InterMediate	Blue	Light
CLASS	\$	MON	TUE	WED	THU	FRI
Aerobics with Natalie (Cardio)	\$15.00			9:30-10:15		
Aerobics with Tanya - Movercise (Cardio)	\$15.00	9:00-9:45				
Aerobics - Tanya (med rhythms)	\$15.00	10:30-11:30				
Aerobics with Tanya (Slow rhythms)	\$15.00				10:30-11:30	
Art with Amanda/W Colours	\$15.00	10:00-1:00				
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		
Ballet	\$15.00		12- 1.00			
Body and Balance (Chair) with Robina	\$15.00					9:30-10:30
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	
Choreo Fitness with Tanya (Cardio)	\$15.00			10:30-11:30		
Choir	\$8.50			1:00-2:00		
Computer - One to One	\$8.50	10.00-12.00		10:00-12:00		
Computer Club	\$8.50					10:00-12:00
Crochet / Knitting with Barbara	\$8.50				11:30-1:00	
Dancercise with Tanya	\$15.00					10:45-11:45
Dancing for your Brain with Natalie	\$15.00					8:45-9:45
Digital Photography	\$8.50				10:00-12:00	
Drama Workshops	\$15.00	1:30-3:30				
French - Beginners with Karima+Papers	\$15.00			10:30-11:30		
French - Advanced with Karima+Papers		on hold				
French - Intermediate with Eveline	\$8.50	11:00-12:00				
Italian - Intermediate with Maria	\$8.50		9:30-12:00			
Italian - Beginners with Cristina	\$150.00	11:30-1:00				
Italian - Conversation with Cristina	\$150.00	9:30-11:00				
Line Dancing with Rebecca	\$15.00			1:30-2:15		
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			9:30-10:30	
Resistance Training with Jess	\$15.00			8:30-9:15		
Resistance Training with Jess	\$15.00			9:30 - 10:15		
Resistance Training with Jess	\$15.00					8:45-9:45
Shape & Strength with Manal	\$15.00	11:15-12:00				
Singing	\$8.50	1.30-3:00				
Spanish-Begs with Marilo +digitals	\$150.00	9:00 - 10:30				
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	
Strength & Resistance with Robyn (low impact)	\$15.00	12:30-1:15				
Stretch & Core with Erika	\$15.00				8:15-9:15	
Table Tennis	\$8.50		12:15-2:30		12:15-2:30	
Tai Chi - Larry	\$15.00				10:45-11:45	
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 Deborah	\$8.50		1:30-3:30			
Walking Group						see timetable
Yoga -Derynthia	\$15.00	8:30 - 9:30				

Yoga - (no kneeling) - Erika	\$15.00	9:45-10:45				
Yoga - Erika	\$15.00		7:45-8:45			
Yoga - Amy	\$15.00					7.30-8.30

AFTER HOURS

CLASS	MON	TUE	WED	THURS	FRI	SAT
Cape Banks Family History Society		10am-3:30pm				10am-3:30pm
Frangipani Room, Main building						
Enquiries: secretary@capebanks.org.au						
www.capebanks.org.au						
Randwick Art Society						
Dance Fitness with Tanya						9:30-10:30
Yoga with Amy			6:30pm-7:30pm			7:30am-8:45am
Movie & Coffee Days - Ask at Reception	Own Cost			TBA		