

What's On!

Glenmore Park Community Project

Term 1 2010



Monday

Boot Camp (12-16 yr olds)
Time: 4.30-5.30pm
When: 1st March-29th March
Cost: \$37.50 (5 weeks- \$7.50 per wk)

Tuesday

BE Group Fitness Training
Time: 6pm-7:30pm
Where: Meet at Blue Hills Oval
Cost: \$7 per session

Wednesday

Glenmore Park "What's Good For You!"
Want to keep those new years resolutions? Interactive workshops include:
Diet & nutrition, Personal fitness, Relaxation, Natural Health
Time: 7-9pm
Dates: Wednesdays 3rd February- 24th March 2010
Where: Floribunda Community Centre
FREE- Bookings essential for catering purposes



Thursday

-Over 50's exercise class

Time: 8am-9am
Where: Glenmore Park Community Centre
Cost: \$5 per class

Rugrats Playgroup

Time: 9am-11am
Where: Floribunda community Centre
Cost: \$39 joining fee (Playgroup NSW)

BE Group Fitness Training

Time: 6pm-7:30pm
Where: Meet at Blue Hills Oval
Cost: \$7

Friday

Tai Chi

Exercise mind, body & spirit
Learn to relax through gentle exercise
Time: 7-8pm
Cost: \$5 per class per session

