



**Beacy House**  
Ph: 6383 1110

As at August 2022

# Classes & Groups

<b>TONE &amp; BALANCE</b>	Monday	9:00 am—10:00 am	\$7 per session
<b>PILATES</b> (run by private business)	Monday	10:30 am—11:30 am	\$15 per session
<b>WALKERS</b>	Monday	8:30am* <small>*time can change. Provide your mobile to be notified</small>	FREE
<b>LETS</b>	2nd Mon Month	11:00 am—12 noon	membership
<b>TAI CHI</b> (run by private business)	Monday	1:45 pm—2:45 pm	From \$8 p/session
<b>CIRCUIT</b>	Tuesday	9:00 am—10:00 am	\$7 per session
<b>WALKERS</b>	Tuesday	8:30 am*	FREE
<b>MORNING TEA</b>	Tuesday	10:00 am—11:00 am	Gold coin
<b>PILATES</b> (private)	Tuesday	10:15 am—11:15 am	\$15 per session
<b>CARERS</b>	2nd Tues Month	1:00 pm—2:30 pm	Gold Coin
<b>THE FUN STATION</b>	Tuesday (School terms)	3:00 pm—4:45 pm	FREE
<b>WALKERS</b>	Wednesday	8:30 am*	FREE
<b>PILATES</b> (private)	Wednesday	9:00 am—10:00 am 10:15 am—11:15 am	\$15 per session
<b>PHOTOGRAPHY GROUP</b>	4th Wednesday	10am (join email list for latest schedule)	membership
<b>KNITTING/CRAFT</b>	Wednesday	10:00 am—12 noon	\$2 per session
<b>GARDENNING GROUP</b>	2nd, 4th Wednesday	1pm (join email list)	membership
<b>DIABETIC SUPPORT</b>	3rd Wed Month	1:30 pm—3:30 pm	Gold Coin
<b>WALKERS</b>	Thursday	8:30 am*	FREE
<b>PILATES</b> (private)	Thursday	8:30 am—9:30 am	\$15 per session
<b>STRETCH &amp; MOBILITY</b>	Thursday	9:45 am—10:40 am	\$7 per session
<b>LIVING LONGER LIVING STRONGER</b> (private)	Thursday	11:00am am (by appointment)	\$8 per session
<b>SPINNING</b>	Thursday	10:00 am—3:00 pm	\$2 per session
<b>FREE2B GIRLS GROUP</b>	Thursday (school terms)	3:00pm—4:30 pm	FREE
<b>WALKERS</b>	Friday	8:30 am*	FREE
<b>PILATES</b> (private)	Friday	9:00 am—10:00 am 10:15 am—11:15 am	\$15 per session
<b>CRYPTIC CROSSWORDS</b>	Friday	10:00 am—12 noon	\$2 per session
<b>SEWING</b>	Friday	10:00 am—3:00 pm	\$2 per session