

Women's WELLNESS

WEDNESDAY

Move • Connect • Thrive ♥

≧ JULY ≦

29TH

ALL IN ADAPTIVE
CIRCUIT -
Goodna Community
Centre



≧ AUGUST ≦

5TH

HAIG ST QUARRY -
Bush walk and lunch
at Suttons Park



13TH

SWIMMING -
Leichhardt Pool
(Cost \$5)



19TH

BASKETBALL -
Faye Carr Park



26TH

CHAIR ZUMBA -
(Cost \$5)



≧ SEPTEMBER ≦

2ND

POOH CORNER -
Bush walk and lunch



9TH

CHAIR YOGA -
(Support Worker Guided)



16TH

TENNIS -
Ipswich Tennis Centre



23³⁰

SWIMMING -
Bundamba Pool (Cost \$5)



30TH

OUTDOOR WORKOUT -
Faye Carr Park



Your Health. Your Time. You Matter ♥

≧ OCTOBER ≦

7TH

JUST DANCE -
(Support worker
guided)



14TH

NETBALL -
Limestone Park



21ST

ALL ADAPTIVE
CIRCUIT -
Goodna Community
Centre



28TH

SWIMMING -
Goodna Pool
(Cost \$5)



≧ NOVEMBER ≦

4TH

CHAIR YOGA/PILATES -
(Support worker
guided)



11TH

BUSH WALK -
White Rock



18TH

WALK AND WORKOUT -
Limestone Park



25TH

CHAIR ZUMBA -
Cost (\$5)



≧ DECEMBER ≦

2ND

DANCE MARSHALL -
Support worker guided



9TH

GROUP BREAK-UP -
Durack Tavern
(Cost \$25)



16TH

SWIMMING -
Springfield Lagoon

