

Active, Healthy & Happy Classes Term 4 2016

for our community



Oxenford Coomera Community

Youth Centre

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 am - 10.45 am NEW CLASS! MumZone Wings Get Fit \$5 Kellie 0411 425 572	9.30am - 10.15 am MumZone HIIT Circuit \$5 Sally 0412 682 008	9.30am - 10.15am MumZone HIIT Box \$5 Sally 0412 682 008	<i>Please Note that most programs operate within the school term ONLY...</i> <i>*Operates year round including the holidays</i>  LIKE US ON facebook www.facebook.com/occycentre		
6pm - 7.30pm Adrian's Yoga (Intermediate & up-wards) \$10 Adrian 0435 889 032	10.30am - 11.15am "Mature & Motivated" \$5 Sally 0412 682 008	10.30am - 11.45am "Heart Yoga" heart Yoga-based practice with mindfulness & meditation \$5 Sally 0412 682 008	6pm - 7.30pm Adrian's Yoga (Intermediate & up-wards) \$10 Adrian 0435 889 032	10.50am - 11.35 am "Mature & Motivated" \$5 Luke 0401 532 663	11am-12.15pm Adrian's Yoga "Come & Try" (Beginners & up-wards) \$5 Adrian 0435 889 032