



NORTH SHORE COMMUNITY CENTRE TIMETABLE

OCTOBER 2017



ACTIVITY	MON	TUES	WED	THURS	FRI
<u>YOGA CHI GUNG</u> Gentle yoga class incorporating Tai Chi, Chi Gung, Pilates - Tony - 0419 791 860 www.spirit3h.com.au/yoga-chi-gung	9:30 - 10:30am		3:00 - 4:00pm		
<u>JUNIOR & INTERMEDIATE ACROBATICS</u> Jump, cartwheel, spin and play whilst boosting confidence and having fun! Darren - 5493 3987 www.justacrobat.com.au	3:30 - 6:30pm	3:45 - 6:15pm			
<u>SINGING & MUSICAL THEATRE COURSES - Starting 9th Oct</u> Learn how to unleash your voice! Loic's teaching method finds its roots in the best vocal training from Broadway and L.A an from the Musical Theatre. Sunshine Coast Singing Academy - Loic - 0411 346 562 http://www.loicvalmy.com - loicvalmy@gmail.com	7:00 - 8:30pm	7:00 - 8:30pm			
<u>FIRST POINTE DANCE SCHOOL</u> Learn how to dance in a relaxed & safe atmosphere. Dance Classes Ages 2-12yrs, Ballet, Jazz Laura - 0435079108 Facebook - firstpointedance	3:30 - 5:30pm			3:30 - 5:30pm	
<u>BLUE HEART SUPPORT EMPOWERMENT -once monthly</u> Providing knowledge and techniques to overcome anxiety and related mental health issues that cause people to feel emotionally bad. Oliver- 0434 506 576 Facebook-blue heart support		7:30 - 8:30am			
<u>L'ARMOUR DANCE ACADEMY</u> Jazz, Tap, Ballet, Contemporary & Tiny tots Dance Classes New Class - "Reach for the Stars" for children with disabilities. Emma - 0414 916 662 Facebook - lamourdanceacademy		3:30 - 6:30pm	3:45 - 4:15pm		3:30 - 4:30pm
<u>FREESTYLE KARATE - Anderson Bushi Kai</u> Affordable weekly classes open to all fitness levels. Everyone welcome! No prior skills necessary. Brett - 0412 987 179		6:30 - 8:00pm		6:00 - 7:30pm	
<u>ZUMBA WITH AMY</u> Fun fitness dance class, all ages & levels welcome, kids welcome with parents too! Amy - 0418 721 011 Facebook - zumbafitnesswithamy		9:15 - 10:15am			
<u>BASIC BEGINNERS COMPUTER CLASSES - **FREE**</u> Casual class, BYO Device if possible - Ph NSCC - 54509700		10:30 - 12:00pm			
<u>TEMPO TROUPE</u> Music, Movement & Drama Session for people with disabilities and their carers. Wonderful opportunity to develop music skills, socialise and meet new people. Morning tea - 9:30am & lunch at 12pm Kellie - 0439 344 465		10:00am - 1:00pm			
<u>MAHJONG</u> University of the Third Age - Bookings Essential www.U3asunshine.org.au - 54301123			12:30 - 3:30pm		
<u>PHYSIOFIT</u> PhysioFit is ideal for the over 50's - class incorporates strength (using own bodyweight), stamina, stability, balance and coordination training, relaxation, yoga, meditation (and breathing practise) Sarah - 0411 470 916 - Facebook-Akasha Physio Yoga			4:30 - 5:45pm	1:00pm - 2:15pm	
<u>JAZZERCISE</u> Jazzercise is a calorie-torching, hip swivelling, Shakira'd-b-proud dance party workout. Katie - 0432 658 498	6:00 - 7:00pm		6:00 - 7:00pm		6:00 - 7:00pm

ACTIVITY	WED	THUR	FRI	SAT	SUN
<u>PHYSIO YOGA</u> Run by a qualified Physiotherapist and Yoga teacher this "moving meditation" is suitable for all ages and abilities. Sarah - 0411 470 916 - Facebook-Akasha Physio Yoga	6:00 - 7:15pm				
<u>JAPANESE KARATE</u> Traditional Shotokan style - Non aggressive self defence martial arts. Heidi 0424 642 443 JKA Australia Facebook - Karate-Kata-Kumite-and-Koan-JKA-Sunshine-Coast	5:00-6:00pm Kids 6:00-7:30 mixed			9:30 - 12pm	
<u>LINE DANCING</u> Beginners 9am & easy dancing @ 10am With Barbara Ph 0407733280 or 54763302	9:00 - 11:00am				
<u>ITALIAN CLASS</u> University of the Third Age - Bookings Essential www.U3asunshine.org.au - 54301123	9:30 - 11:30am				
<u>YOGA FOR MUMS & LITTLE ONES (Once Monthly)</u> 3rd Wed of every month - Crawler's/talkers/walkers & mum's with babies welcome. Bookings Essential call Stacey 0417371144 www.staceynelson.com.au	10:45 - 12:00pm				
<u>ZUMBA GOLD (Seniors Class) STARTS 2nd NOVEMBER</u> Low intensity easy and effective workout class designed for the active, older adult, male or female. It focusses on all elements of fitness: cardio, muscular conditioning, flexibility and balance. Amy - 0418 721 011 Facebook - zumbafitnesswithamy		9:15am - 10:00am			
<u>SPANISH LESSONS</u> Learn Conversational Spanish in a fun environment. http://www.facebook.com/spanishsounds Maria - 0435 758 797		1:00 - 2:30pm			
<u>YOGA FOR KIDS</u> Fun movement including stories, themes, games, stretching, partner yoga, relaxation & more! Stacey - 0417 371 144		3:30 - 4:15pm			
<u>YOGA FOR TEENS (Ages 13-17)</u> Yoga, partner yoga, acrobatic flying, fun & relaxation! Stacey - 0417 371 144 www.staceynelson.com.au		4:30 - 5:30pm			
<u>GOLDEN CROWN HEALING (Once monthly 3rd Thurs of Month)</u> Opportunity to bring about healing and empowerment on all levels. We include movement, meditation and energetic healing for individual and group needs. BYO yoga mat, blanket and open heart. Angela - 0411 734 446 http://www.facebook.com/GCHSunshineCoast		6:30 - 8:00pm			
<u>READY STEADY GO KIDS! (Ages 1.5 - 6 years)</u> Fun multi sports program teaching age appropriate range of sports. **Free Trial** www.readysteadygokids.com.au or call 1300 766 892			3 classes 9:15-11:00am		
<u>GERMAN CLASS</u> University of the Third Age - Bookings Essential www.u3asunshine.org.au - 5430 1123			2:00-3:30pm		
<u>BETHANY GROUP (Once monthly - last Friday of every month)</u> Put together gift boxes for children in need aged 2-14yrs. Work from home at your own pace and bring items once month. Get together for cuppa, swap ideas and socialize. Norma - 54507224,0409 208 455			9:30 - 11:30am		
<u>CHRISTIAN COMMUNITY CHURCH</u> All Welcome whether Christian or simply searching for spiritual direction. Pastor Dan Boshard - 0439 708 092					9:30-1:00pm