



NORTH SHORE COMMUNITY CENTRE

JULY TIMETABLE



ACTIVITY	MON	TUES	WED	THURS	FRI
<u>Oriental Yoga</u> Gentle yoga class incorporating Tai Chi, Chi Gung, & Pilates - Tony - 0419 791 860 www.spirit3h.com.au	9:30 - 10:30am 6:30-7:30pm		3:00 - 4:00pm		
<u>TWIN WATERS STRENGTH & STABILITY CLASS FOR OVER 50'S</u> The Strength and Stability class (proudly supported by Sunshine Coast Council's Grants Program) Focus on developing practical strength, mobility and balance in a fun and social atmosphere. (Only \$5 per class) Andy - Independence Movement - 0452255527	9:30am - 10:30 am 10:30am - 11:30am				
<u>Inner U</u> Move. Meditate. Make - Classes for children teaching lifelong skills to connect to their inner self, build resilience and coping strategies through movement, stillness and art. 3+ years. Michelle Mc Kenzie Ph 0401 295 235 Facebook: innerholisticwellbeing	10:00am - 11:30am				
<u>JUNIOR & INTERMEDIATE ACROBATICS</u> Jump, cartwheel, spin and play whilst boosting confidence and having fun! Darren - 5493 3987www.justacrobatics.com.au	3:30 - 6:30pm	3:45 - 6:15pm			
<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 : firstpointdance	3:30 - 5:30pm			3:30 - 5:30pm	
<u>SUNSHINE COAST SINGING ACADEMY</u> Glee Club— Loic - 0411 346 562 www.loicvalmy.com	6:15pm - 7:45pm				
<u>LINE DANCING - EVENING CLASS</u> BEGINNERS class. Keep your mind active and body fit with dance. Fun Fitness, friendship and great music. Carmen - 0402 640 457	7:00pm - 8:00pm				
<u>LINE DANCING</u> Keep your mind active and body fit with dance. Fun, Fitness, Friendship & Great Music! Beginners 9am & Improvers/Easy dancing @ 9:45am Barbara Ph 0407 733 280			9:00am 11:00am		
<u>ZA'FLOW DANCE FITNESS</u> Fun fitness dance class, all ages & levels welcome, kids welcome with parents too! Amy - 0418 721 011 Facebook - Za'Flow Dance Fitness		9:15 - 10:15am			
<u>VERA FLOW</u> Dance, stretch and find your true <i>flow</i> n this class like none other you have ever experienced. Enquiries to Amy – at Za'Flow - 0418 721 011					9:30 10:30am
<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. Lunch @12pm –Mikey –0428 326 283		10:00am - 1:30pm			
<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		3:30pm - 8:00pm	3:30 - 6:00pm		3:30 - 6:00pm
<u>WOMENS WELLNESS & WEIGHTLOSS</u> - Essential habits for wellness & weightloss . Class just \$5 . Sylvia - 0419990331		4:00pm- 5:00pm			
<u>BOLLYWOOD DANCE CLASS</u> No experience needed \$5 casual class Nadini—0405 422 773		6:45PM- 7:45PM			
<u>ITALIAN FOR VERY BEGINNERS</u> Learn Italian with Mike! Come try and then become a member of University of the Third Age to continue www.u3asunshine.org.au for more details. Mike 0431 707 064 from 15th Aug		1:30— 3:00pm			
<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	4:00- 5:00pm Kids class
<u>GROWING YOUNG FITNESS</u> Stretching Class, Relaxation & Flexibility For more details—Deb Rosenberg 0404 250 965 Personal Trainer		8:00am - 9:00am		1:00pm - 2:00pm	

ACTIVITY	WED	THUR	FRI	SAT	SUN
MAHJONG - Have a chat, cuppa and play mah-jong together! Come & try and then must become a member of University of the Third Age to continue -Membership Essential www.u3asunshine.org.au Lyn - 0421 853 007	1:00 - 4:00pm				
PHYSIOFIT - Ideal for the over 50's - class incorporates strength, stamina, stability, balance and coordination, training. relaxation, yoga, meditation (and breathing practise) Sarah - 0411 470 916 FB - akashaphysioyoga	4:30 - 5:45pm	9:15am- 10:30am			
JAPANESE KARATE Traditional Shotokan style - Non aggressive self defence martial arts. Noel—0419 850 406 JKA Australia Facebook - Karate-Kata-Kumite-and-Koan-JKA-Sunshine-Coast	5:00- 6:00pm Kids 6:00-7:30 mixed			9:30 - 12pm	
ZUMBA GOLD (Seniors Class) - 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			
MUDJIMBA LECTURE GROUP - A series of 2 hour talks held each week. The speaker and topic change every two weeks. Term topics are listed in the U3A handbook. Come & try first & then must become a member of the U3A to continue. www.U3asunshine.org.au - Bob 5478 9006		1:00pm - 3:00pm			
YOGA FOR KIDS Fun movement including stories, themes, games, stretching, partner yoga, relaxation & more! Stacey - 0417 371 144		3:30 - 4:15pm & 4:15- 5pm			
YOGA FOR TEEN GIRLS (Ages 13-17) Yoga, partner yoga, acrobatic flying, fun & relaxation! Stacey - 0417 371 144 www.staceynelson.com.au		5:00- 6:15pm			
MENS YOGA CLASS - Come along and have a good stretch with the new mens yoga group David - 0414 325 427		6:45pm - 7:45pm			
COOLUM COMMUNICATOR TOASTMASTERS - Meeting on the 2nd & 4th Wednesday of each month to practice impromptu & prepared speaking skills, communication & leadership skills all of which leads to greater self confidence and personal growth. Marilyn - 0411 249 253	7:00— 9:00pm				
RAINBOW FAMILIES PLAYGROUP - This playgroup is a space for LGBTQIAP parents and their kids to get together, chat, have a cuppa, and have some fun! The mission of Rainbow Families Sunshine Coast (Qld) is to nurture a community which fosters resiliency by connecting, supporting, and empowering LGBTQIAP families. www.facebook.com/Rainbow Families Sunshine Coast Qld – Contact Number - 0479175551			10:00 am - 12:00 pm		
BETHANY GROUP (Once monthly - last Friday of every month) Making items for charities. Work from home at your own pace and bring items once month. Get together for cuppa, swap ideas and socialize. Norma - 5443 1902 or 0409 208 455			11:30 - 1:30pm		
KIDS AND EMOTIONS ESSENTIAL OILS WORKSHOPS (2nd & 4th Saturdays) Creating a happy and confident me. Workshops for ages 6+ run by a registered teacher, doterra wellness advocate, massage therapist and mum! Kids will learn basic yoga poses, the power of affirmations and positive words, breathing techniques, meditation and the power of essential oils. Leah 0417 032 372				10:00 am - 12:00 pm	
CHRISTIAN COMMUNITY CHURCH All Welcome whether Christian or simply searching for spiritual direction. Pastor Dan Boshard - 0439 708 092					9:30- 1:00pm