

## Class Timetable for Engage Your Core Fitness

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Uniting Church Cooroy</b>		<b>Uniting Church Cooroy</b>
		<b>6.30am Balance &amp; Body Strength</b> Helping to improve balance, confidence and overall body strength. (\$15)		<b>6.15am Pilates</b> (Beginner's welcome) Helping to improve breathing, core strength, balance and posture
<b>Cooran Hall</b>			<b>Cooran Hall</b>	
<b>7.45am Light Weights</b> A full body toning session using light weights \$5. Over 65's. Conditions apply Subsidised by Noosa Seniors.			<b>8.30am Core &amp; Stretch</b> Helping to improve core strength and flexibility. Subsidised by Living Well Noosa \$5	<b>7.30am Beginner's Pilates</b> Helping to improve breathing, core strength, balance and posture
<b>Uniting Church Cooroy</b>	<b>Cooroy Combined Coastal Car Club</b>		<b>Uniting Church Cooroy</b>	
<b>9.15am Pilates</b> Helping to improve breathing, core strength, balance and posture	<b>9.45AM Strength and Stability</b> Helping to improve balance, strength, and confidence \$5 Over 65's. Conditions apply Subsidised by Noosa Seniors	<b>9.15am Light Weights</b> A full body toning session using light weights	<b>8.30am Intermediate Pilates</b> Helping to improve breathing, core strength, balance and posture	<b>8.45am Light Weights</b> A full body toning session using light weights
			<b>Kin Kin Hall</b>	
<b>10.30am Men's Circuit Training</b> A mixture of cardio and weight training stations. Subsidised by Living Well Noosa Disaster Recovery Fund \$5		<b>10.30am Balance and Leg Strength \$10</b> (Booking Essential). Subsidised by Living Well Noosa	<b>10.30am Over 65's Fitness</b> Helping to improve Balance and all body strength \$5. Conditions apply Subsidised by Noosa Seniors	
	<b>Federal Community Hall</b>			
	<b>6pm Pilates Fusion*</b> Helping to improve breathing, core strength, balance and posture <b>FREE</b>			

Please see below for venue addresses

## Class Timetable for Engage Your Core Fitness

Uniting Church Maple Street Cooroy (opposite Eden Rehabilitation Centre)

Cooran School of Arts 14 King Street Cooran (Monday's class subsidised by the Commonwealth Home Support Program)

Federal Community Hall Old Bruce Highway Federal (\*This is a free class funded by the Australian and Queensland Government's Disaster Recovery Fund and Living Well Noosa- A Noosa Council Initiative)

Kin Kin School of Arts Main Street Kin Kin

Cooroy Combined Coastal Car Club Mary River Road Cooroy

PH: 0449 047 746 [www.engageyourcorefitness.com.au](http://www.engageyourcorefitness.com.au)