

Class Timetable for Engage Your Core Fitness

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| | | Uniting Church Cooroy 6.30am Balance & Body Strength Helping to improve balance, confidence and overall body strength. (\$15) | Online 7am Light Weights \$5 (Over 65's) conditions apply Subsidised by Noosa Seniors A full body toning session using light weights | Uniting Church Cooroy 6.15am Pilates (Beginner's welcome) Helping to improve breathing, core strength, balance and posture \$12 |
| Cooran Hall | Uniting Church Cooroy | | Cooran Hall | |
| 7.45am Light Weights A full body toning session using light weights \$5. Over 65's. Conditions apply Subsidised by Noosa Seniors. | 8.15am Intermediate Pilates Improve techniques already learnt in previous Pilates, learn more advanced moves. Shoulder strength is required for this class \$12 | Online 7.45am General Fitness and Stretch A full body workout, Cardio fitness and toning session using light weights Finish with a relaxed Stretching session \$10 | 8.30am Core & Stretch Helping to improve core strength and flexibility. Subsidised by Noosa Seniors \$5 | 7.30am Beginner's Pilates Helping to improve breathing, core strength, balance and posture \$12 |
| Uniting Church Cooroy | Cooroy Combined Coastal Car Club | | | |
| 9.15am Pilates Helping to improve breathing, core strength, balance and posture \$12 | 9.45AM Strength and Stability Helping to improve balance, strength, and confidence \$5 Over 65's. Conditions apply Subsidised by Noosa Seniors | 9.15am Light Weights A full body toning session using light weights \$12 | | 8.45am Light Weights A full body toning session using light weights \$12 |
| | | | Kin Kin Hall | |
| 10.30am Interval Training A mix of cardio and muscular training to give a full body and all-round workout. \$12 | | 10.30am Pilates (over 65's) Helping to improve breathing, core strength, balance and posture (\$5) Subsidised by Noosa Seniors | 10.30am Over 65's Fitness Helping to improve Balance and over-all body strength \$5. Conditions apply Subsidised by Noosa Seniors | |
| Online 1.15pm Light Fitness \$5 (over 65's) Subsidised by Noosa Seniors | | | | |

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 (Classes subsidised by Noosa Seniors)

Kin Kin School of Arts Main Street Kin Kin

Cooroy Combined Coastal Car Club Mary River Road Cooroy (Class subsidised by Noosa Seniors)

1.15pm Online – This class is a live instructor led class delivered via Zoom using the internet, a computer, laptop, or smartphone is needed.

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