

Class Timetable for Engage Your Core Fitness

Monday	Tuesday	Wednesday	Thursday	Friday
		Cooroy Combined Coastal Car Club 6.30am Balance & Body Strength Helping to improve balance, confidence and overall body strength. \$15	7am Online General Fitness and Stretch A full body workout, Cardio fitness and toning session using light weights Finish with a relaxed Stretching session \$10	Cooroy Combined Coastal Car Club 6.15am Pilates (Beginner's welcome) Helping to improve breathing, core strength, balance and posture \$15
Cooran Hall	Cooroy Combined Coastal Car Club		Cooran Hall	
7.45am Light Weights A full body toning session using light weights \$5. Over 65's. Conditions apply Subsidised by Noosa Seniors.	8.30am Intermediate Pilates Improve techniques already learnt in previous Pilates, learn more advanced moves. Shoulder strength is required for this class \$15	7.45am Online Pilates Helping to improve breathing, core strength, balance and posture \$10	8.30am Core & Stretch Helping to improve core strength and flexibility. Subsidised by Noosa Seniors Over 65's. Conditions apply \$5	7.30am Beginner's Pilates Helping to improve breathing, core strength, balance and posture \$15
Cooroy Combined Coastal Car Club				
9.30am Pilates Helping to improve breathing, core strength, balance and posture \$15	9.45AM Strength and Stability Helping to improve balance, strength, and confidence \$5 Over 65's. Conditions apply Subsidised by Noosa Seniors	Cooroy Combined Coastal Car Club 9.15am Light Weights A full body toning session using light weights \$15		8.45am Light Weights A full body toning session using light weights \$15
10.45am Weights to Make a Difference Helping to improve body strength by using challenging weights \$15				

Please see below for venue addresses

Class Timetable for Engage Your Core Fitness

Cooroy Combined Coastal Car Club Johnson Park Mary River Road Cooroy

Cooran School of Arts 14 King Street Cooran (Classes subsidised by Noosa Seniors)

Online – These classes are live instructor led, delivered via Zoom using the internet (A computer, laptop, or smartphone is needed).

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