



Engage Your Core Online Classes Via Zoom

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>7am Light Weights \$5 (Subsidised by Noosa Seniors) With Micheala A full body toning session using light weights.</p>	
		<p>7:45am General Fitness & Stretch \$10 With Micheala A full body workout, cardio fitness and toning session using body weight and/or light weights. Finish the class with a relaxed Stretching session.</p>		
<p>1.15pm Light Fitness \$5 (Subsidised by Noosa Seniors) With Micheala A full body toning session using body weight/light weights.</p>				

For enquiries and links please telephone Micheala on 0449 047 746.

Monday and Thursday are subsidised by Noosa Seniors through the Commonwealth Home Support Program. Conditions apply, contact Micheala on 0449 047 746 for more information.

