



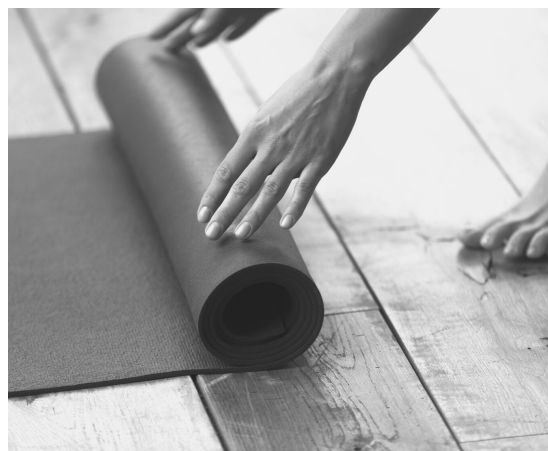
BURNIE BRAE

ACTIVITIES

— AT FITZGIBBON

Fitzgibbon Community Centre | 545 Roghan Road, Fitzgibbon

Our classes are run by qualified professionals and Exercise Physiologists from Healthy Connections. All exercises are modified to suit your ability level. Get your body moving and learn a new skill!



BURNIE BRAE MEMBER
\$8.00 / CLASS

NON-MEMBER
\$10.00 / CLASS

Bookings not required. For enquiries phone (07) 3624 2121. View timetable on back page.



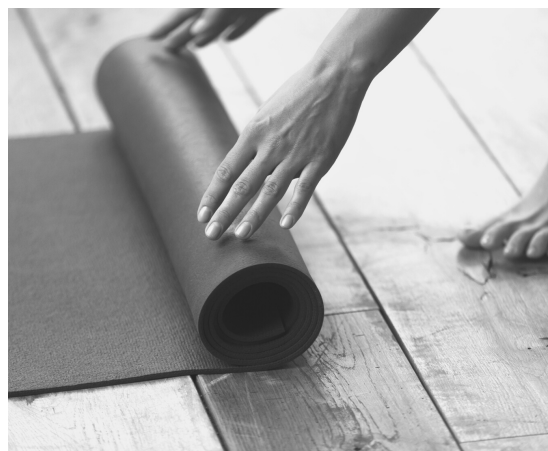
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FITZGIBBON COMMUNITY CENTRE

545 Roghan Road, Fitzgibbon 4018

MATWORK PILATES

Monday & Wednesday | 11am - 12pm

Improve posture, core strength and flexibility with standing and lying down exercises.

QIGONG / TAI CHI

Tuesday

Intermediate: 8.30am - 9.20am

Movement meditation, a gentle practice of breathing, focusing your mind, and doing simply body movements.

Starting 4 February, 2020

FUNCTIONAL FITNESS

Monday & Wednesday | 9am - 10am

Cardiovascular fitness, strength, balance and flexibility to improve or maintain a person's function as they age.

BALANCE CIRCUIT

Monday | 10am - 11am

Educational classes to improve balance and reduce the risk of falls. Exercises are modified to suit your ability level.

BOXING

Wednesday | 10am - 11am

Beginners class that teaches boxing techniques whilst improving fitness, coordination and balance.

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