

Monday 23 rd Nov	Wednesday 25 th Nov		Friday 27 th Nov	Sunday 29 th Nov	Monday 30 th Nov	Wednesday 2 nd Dec	Friday 4 th Dec
5:30pm	6:00am	5:30pm	5:30pm	10:00am	5:30pm	5:30pm	5:30pm
Henderson Park	Henderson Park	Henderson Park	Jaycee Park	Rowers Riverfront	Henderson Park	Jaycee Park	Jaycee Park
 Exercise Class  Circuit-Resistance & Cardio  Deep Water Running	 Tai Chi  YOGA For All Ages	 Boxing Nordic Walking 	 Touch Rugby	 Tabata- Resistance & Cardio  Stand Up Paddle Boarding  Boot Camp	tai chi by Les Airs  ZUMBA® gold Dance for Older  Adults Water Exercise	 Dog Walk  River Circuit Walk	 Hill Climbs  Table Tennis

