

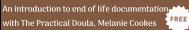
FREE SESSIONS Bookings Essential



BOOK A FREE DIGITAL HELP SESSION! FRIDAYS 9.30-10.30AM Iphone, Android, Ipad & Tablets BOOKINGS ESSENTIAL



PLANNING AHEAD Thursday 4 September 1.30-3.00pm





MONASH AGED SERVICES Information Session Thursday 11 September 1.30pm Kerrie Rd Neighbourhood House

CLASS SCHEDULE TERM 3 2025

MONDAY

HATHA YOGA Gentle Yoga with Angela

21 July - 15 September (9wks) 9.15am - 10.15am FF \$145; C \$135

HATHA YOGA Mindful Hatha with Martina 21 July - 15 September (9wks)

10.30am - 11.30am FF \$145; C \$135

CHAIR YOGA with Martina

21 July - 15 September (9wks) 11.45am - 12.30pm FF \$145; C \$135

TUESDAY

SLOW FLOW YOGA with Nicky

22 July - 16 September (9wks) 9.15am - 10.15am 10.30am - 11.30am

FF \$145; C \$135

CONVERSATION EN FRANCAIS with Isabelle

22 July - 16 September (9wks) 10am - 12pm FF \$190; C \$180



WEDNESDAY

STRENGTH CLASS

Strong & Active with Pauline 23 July - 27 August (6wks) 9.45am - 10.45am

FF \$105; C \$100

STRENGTH CLASS

Steady & Strong with Pauline

23 July - 27 August (6wks) FF \$105; C \$100



THURSDAY

MAT PILATES with Pearl

24 July - 18 September (9wks) 9.30am - 10.30am 10.30am - 11.30am FF \$145; C \$135

PLAYGROUP FUN 6mths-4yrs

24 July - 18 September (9wks) 9.30am - 11.30am Term \$35 per family or Casual \$5 per session



FRIDAY

STRENGTH CLASS

Steady & Strong with Pauline 25 July - 19 September (9wks) 9.15am - 10.15am FF \$145: C \$135

JAPANESE PLAYGROUP 25 July - 19 September (9wks) 11.00am - 1.00pm \$3 per session



SPANISH: BEGINNER PLUS

21 July - 15 September (9wks) 1.30pm - 3.30pm FF \$180; C \$170

SALSA with Ana

21 July - 15 September (9wks) 4pm - 5pm FF \$145: C \$135

YOUNG CREATORS

Art with Fathima

21 July - 15 September (9wks) 4pm - 5pm (Ages 6-8)

5.05pm - 6.05pm (Ages 9-13) Cost \$135

ART 101: ART FOR BEGINNERS with Christine **Returns Term 4**

FRENCH: BEGINNER PLUS with Isabelle

22 July - 16 September (9wks) 1pm - 3pm

FF \$190; C \$180

KNIT & KNATTER

22 July - 16 September (9wks) 12.30pm - 3pm \$3 per session

SIMPLY ART

with Christine

22 July - 16 September (9wks)

1pm - 3pm FF \$175; C \$165

YIN YANG YOGA with Yvonne

22 July - 2 September (7wks)

7.15pm - 8.15pm

6pm - 7pm FF \$115; C \$105

TEXTURE & THREADS Mixed Media Workshop

Plaster, Paint ⊗ Fabric WEDNESDAY (4WKS)

6 - 27 AUGUST 2025 10AM - 12PM



MINI CHEF: KID'S KITCHEN Cooking Class (8-13yrs)

23 July - 13 August (4wks)

Cost \$80



CONCESSION (C) APPLICABLE TO

CARD OR PENSIONER CONCESSION CARD

<<< ART WORKSHOPS</pre>

FOOD WORKSHOPS >>

OIGONG with Vickie Mind Body Movement Returns Term 4

YOUNG CREATORS Art with Marv

24 July - 18 September (9wks) 4pm - 5pm (Ages 6-8)

5.05pm - 6.05pm (Ages 8-12) Cost \$135

HATHA YOGA with Martina

24 July - 18 September (9wks) 6pm - 7pm

FF \$145; C \$135



