

June Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM		Circuits	Circuits	Circuits	Circuits	
10:00 AM	Stretch & Core	Stretch & Core	Renew & Recover	Tai Chi	Stretch & Core	
11:30 AM	Aquarobics	Aqua Gentle	Aquarobics	Aquarobics	Aquarobics	Stretch & Core
1:00 PM	Aquablast	Strength & Balance	Aquablast	Strength & Balance	Aquablast	
2:00 PM	Stride It Out	Renew & Recover Brain Gym	Chair Champions		F.A.B	
2:30 PM			Osteo Aqua			
5:15 PM				Circuits		

Gym Operating Hours
Mon - Fri. 6.30am - 7pm
Sat. 8am - 4pm
Sundays and Public Holidays - Closed

Natter Cafe Hours
Mon - Fri. 7.30am - 4pm
Saturday and Sunday - Closed



Events and Updates

What is AI?: Thursday, 18 June at 1:30pm

Location: Upstairs Classroom, Arvida Good Friends

Join Noah from Tech Attention as he gives a presentation about AI, scams and technology. Bring your device and he will be providing free technology advice. You can book online or at reception.

Be Brave: Embrace the Solo You: Monday, 22 June at 2pm

Location: Upstairs Classroom, Arvida Good Friends

Join Robyn Johnston PhD for an inspiring conversation about seizing the day, this moment, and pushing past the difficulty of being single. It is about embracing the solo you and living your best life here and now.

Beverages and Bingo: Thursday, 25 June from 3pm until 4pm

Location: Natter Cafe, Arvida Good Friends

Come along for a fun round of Bingo with great prizes to be won. Food and drinks will be available to purchase from the Cafe. This event has a \$5 entry fee per person. You can book online, by phone, or at reception.

Quiz: Tuesday, 30 June at 4:30pm

Location: Natter Cafe, Arvida Good Friends

Come along for an evening of fun as you test your general knowledge. Quiz entry is \$5 per person.

Drawing Class: Thursday, 2 July at 3pm

Location: Natter Cafe, Arvida Good Friends

Join Vicki for a drawing class. Entry is \$5 cash per person. Bring in your practice drawings from home for advice if you wish. There are limited numbers only for this session so please book online or at reception.