

# Adults Come 'n' Try

## ACTIVITIES TIMETABLE

MONDAY, AUGUST 31 TO SUNDAY, 20 SEPTEMBER 2020

A three-week timetable of FREE activities for adults (18 years and over) in Noosa to come and try, stay healthy, connected and active all in COVID safe environments. Activities are limited to one session per person for each activity being offered in the timetable. Simply liaise with each provider for availability.

### WEEK ONE

#### Monday, August 31 - Sunday, September 6

##### Classes - Body Pump / Zumba / Butt, Thighs and Abs / Platform X / Circuit

Monday - Friday, 8:00 am - 6:00 pm

Anytime Fitness Cooroy, 13 Kauri Street, Cooroy

By appointment. Weekends/weekdays (5447 6488)

##### Gym workout or fitness class

Monday - Friday, 9:00 am - 6:00 pm, Saturday, 9:00 am - 11:00 am

Fernwood Fitness Noosa, 5/8 Selkirk Drive, Noosaville

By appointment. Weekends/weekdays (5442 4104)

##### Power Plate sessions

Power Plate Studio Noosa, 3/27 Gateway Drive, Noosaville

By appointment. Weekends/weekdays (5474 0692)

##### Classes - High intensity interval training / yoga / Body Pump / Pilates

Franks Gym, 14 Lanyana Way, Noosa Heads

By appointment. Weekends/weekdays (5447 3040)

##### Gym workout or fitness class (does not include cycle-based classes)

Monday to Friday, 5:45 am - 6:45 pm, Saturday, 7:00 am - 10:30 am

My Fitness Club Noosaville, 2/1 Gateway Drive, Noosaville

By appointment. Weekends/weekdays (5474 4900)

##### Functional training classes

Monday to Friday, 5:15 am - 4:45 pm. Saturday, 6:30 am - 9:00 am

Noosa F45 Training, 28 Eenie Creek Road, Noosaville

By appointment. Weekends/weekdays.

Email Brett at noosa@f45training.com.au to register

##### Gym, fitness, and aqua classes. Monday - Saturday, 6.00 am - 7.00pm

Noosa Springs Resort, Links Drive, Noosa Heads

By appointment. Weekends/weekdays (5440 3365)

##### Yoga. Monday to Sunday, 9:30 am - 10:30 am

Noosa Beach Yoga, Noosa Woods, Noosa Heads

By appointment. Weekends/weekdays. Claudia Cartillone (0422 552 569)

#### Monday, August 31

##### Tennis lesson. 8:30 am - 9:30 am

Tewantin Tennis Club, Noosa District Sports Complex, McKinnon Drive, Tewantin

By appointment. Daniel Carroll (0421 328 384)

##### Surfing lesson. 11:00 am - 12:00 noon

Merrick's Learn to Surf Noosa, Beach access 14, Claude Batten Drive, Noosa Heads

By appointment. Merrick Davis (0418 787 577)



#### Tuesday, September 1

##### Tai Chi. 9.15 am – 10.00 am

Noosaville Lions Park/Apex Park (beside the Big Pelican)

By appointment. Ian Cameron (0431 340 297)

##### Tennis Fit class. Tuesdays, 10:30 am – 11:30 am

Noosa Springs Resort, Links Drive, Noosa Heads

By appointment. Glenn Irwin (0414 494 645)

#### Tuesday September 1 and Thursday, September 3

##### Men's and women's cricket training. 4:00 pm – 6:00 pm.

Cooroy Eumundi Cricket Club,

Cooroy Sports Complex - Mary River Road

By appointment. Warren Smith (0402 141 686)

#### Wednesday, September 2

##### Dance-trumental lesson. 10:30 am – 11:30 am

Stretching, exercises and easy dance choreography,

as well as the occasional playing of a percussion musical instrument.

Three Quarter Time, Noosa Leisure Centre - Wallace Park, Noosaville

By appointment. Petra Taylor-Smith (0490 957 265)

##### Table Tennis. 6:30 pm – 9:00 pm

Noosa Table Tennis Club

Noosa Leisure Centre - Wallace Park, Noosaville

By appointment. Paul Newall (0432 049 524)

#### Thursday, September 3

##### Morning Social Tennis. 7:30 am – 9.00 am

Noosa Tennis Club, 4 Girraween Court, Sunshine Beach

By appointment. Dave McMahon (0413 450 207)

##### Pickleball. 6:00 pm – 7:45 pm

Noosa Pickleball

Noosa Leisure Centre - Wallace Park, Noosaville

By appointment. Woody Das (0435 122 125)

##### Softball. 6:30 pm – 8.30 pm

Noosa Softball

Noosa District Sports Complex. Butler Street, Tewantin

Rock-up social softball.

Sarah Buxton - 0401 169 947

#### Saturday, September 5

##### Disc Golf lesson. 8:30 am – 12 noon

Disc Golf, Cooroora Creek Park, 11C Hill Street, Pomona

By appointment. Jamie Knight (0405 682 264)

#### Sunday, September 6

##### Croquet. 8:15 am for 8.30 am start

Noosa Croquet Club, 9 Seashell Place, Noosaville

By appointment. Niven Gugich (0428 799 987)



## WEEK TWO

### Monday, September 7 - Sunday, September 13

#### Classes - Body Pump / Zumba / Butt, Thighs and Abs / Platform X / Circuit

Monday - Friday, 8:00 am - 6:00 pm  
Anytime Fitness Cooroy, 13 Kauri Street, Cooroy  
By appointment. Weekends/weekdays (5447 6488)

#### Gym workout or fitness class

Monday - Friday, 9:00 am - 6:00 pm, Saturday, 9:00 am - 11:00 am  
Fernwood Fitness Noosa, 5/8 Selkirk Drive, Noosaville  
By appointment. Weekends/weekdays (5442 4104)

#### Power Plate session

Power Plate Studio Noosa, 3/27 Gateway Drive, Noosaville  
By appointment. Weekends/weekdays (5474 0692)

#### Classes - High intensity interval training / yoga / Body Pump / Pilates

Franks Gym, 14 Lanyana Way, Noosa Heads  
By appointment. Weekends/weekdays (5447 3040)

#### Functional training classes

Monday to Friday, 5.15 am - 4:45 pm. Saturday, 6:30 am - 9:00 am  
Noosa F45 Training, 28 Eenie Creek Road, Noosaville  
By appointment. Weekends/weekdays.  
Email Brett at noosa@f45training.com.au to register

#### Gym workout or fitness class (does not include cycle-based classes)

Monday to Friday, 5:45 am - 6:45 pm, Saturday, 7:00 am - 10:30 am  
My Fitness Club Noosaville, 2/1 Gateway Drive, Noosaville  
By appointment. Weekends/weekdays (5474 4900)

#### Gym, fitness, and aqua classes.

Monday - Saturday, 6.00 am - 7.00pm  
Noosa Springs Resort, Links Drive, Noosa Heads  
By appointment. Weekends/weekdays (5440 3365)

#### Yoga.

Monday to Sunday, 9:30 am - 10:30 am  
Noosa Beach Yoga, Noosa Woods, Noosa Heads  
By appointment. Weekends/weekdays.  
Claudia Cartillone (0422 552 569)

### Monday, September 7

#### Tennis lesson.

8:30 am - 9:30 am  
Tewantin Tennis Club, Noosa District Sports Complex,  
McKinnon Drive, Tewantin  
By appointment. Daniel Carroll (0421 328 384)

#### Surfing lesson.

11:00 am - 12:00 noon  
Merrick's Learn to Surf Noosa,  
Beach access 14, Claude Batten Drive, Noosa Heads  
By appointment. Merrick Davis (0418 787 577)

### Tuesday, September 8

#### Tai Chi.

9.15 am - 10.00 am  
Noosaville Lions Park/Apex Park (beside the Big Pelican)  
By appointment. Ian Cameron (0431 340 297)

#### Tennis Fit class.

Tuesdays, 10:30 am - 11:30 am  
Noosa Springs Resort, Links Drive, Noosa Heads  
By appointment. Glenn Irwin (0414 494 645)



### Tuesday, September, 8 and Thursday, September 10



#### Men's and women's cricket training.

4:00 pm - 6:00 pm.  
Cooroy Eumundi Cricket Club, Cooroy Sports Complex - Mary River Road  
By appointment. Warren Smith (0402 141 686)

### Wednesday, September 9

#### Qi Gong class.

8.00 am - 9.00 am  
Noosa Leisure Centre, Wallace Park, Noosaville  
By appointment. (5329 6550)

#### Dance-trumental lesson.

10:30 am - 11:30 am  
Stretching, exercises and easy dance choreography, as well as  
the occasional playing of a percussion musical instrument.  
Three Quarter Time, Noosa Leisure Centre - Wallace Park, Noosaville  
By appointment. Petra Taylor-Smith (0490 957 265)

#### Table Tennis.

6:30 pm - 9:00 pm  
Noosa Table Tennis Club. Noosa Leisure Centre - Wallace Park, Noosaville  
By appointment. Paul Newall (0432 049 524)

### Thursday, September 10

#### Morning Social Tennis.

7:30 am - 9.00 am  
Noosa Tennis Club, 4 Girraween Court, Sunshine Beach  
By appointment. Dave McMahon (0413 450 207)

#### Boxfit class.

9.00 am - 10.00 am  
Noosa Leisure Centre, Wallace Park, Noosaville  
By appointment. (5329 6550)

#### Stand Up Paddle class.

4.00 pm  
Noosa Stand Up Paddle, 172 Gympie Terrace, Noosaville  
By appointment. James (0423 869 962)

#### Pickleball.

6:00 pm - 7:45 pm  
Noosa Pickleball, Noosa Leisure Centre - Wallace Park, Noosaville  
By appointment. Woody Das (0435 122 125)

#### Softball.

6:30 pm - 8.30 pm  
Noosa Softball, Noosa District Sports Complex. Butler Street, Tewantin  
Rock-up social softball. Sarah Buxton - 0401 169 947

### Saturday, 12 September

#### Sailing for adults

Lake Cootharaba Sailing Club, 24 Boreen Parade, Boreen Point  
By appointment. Tony Matta (0418 737 823)

#### Safety in the gym workshop

Pegasus Strength and Conditioning, 33 Rene Street, Noosaville  
Workshop by appointment (0439 674 386)

### Sunday, September 13

#### Croquet.

8:15 am for 8.30 am start  
Noosa Croquet Club, 9 Seashell Place, Noosaville  
By appointment. Niven Gugich (0428 799 987)

#### Women's Come 'n' Try cricket.

1:00 pm - 4:00 pm  
Cooroy Eumundi Cricket Club, Cooroy Sports Complex - Mary River Road



## WEEK THREE

### Monday, September 14 - Sunday, September 20

#### Classes - Body Pump / Zumba / Butt, Thighs and Abs / Platform X / Circuit

Monday - Friday, 8:00 am - 6:00 pm

Anytime Fitness Cooroy, 13 Kauri Street, Cooroy

By appointment. Weekends/weekdays (5447 6488)

#### Gym workout or fitness class

Monday - Friday, 9:00 am - 6:00 pm, Saturday, 9:00 am - 11:00 am

Fernwood Fitness Noosa, 5/8 Selkirk Drive, Noosaville

By appointment. Weekends/weekdays (5442 4104)

#### Power Plate sessions

Power Plate Studio Noosa, 3/27 Gateway Drive, Noosaville

By appointment. Weekends/weekdays (5474 0692)

#### Classes - High intensity interval training / yoga / Body Pump / Pilates

Franks Gym, 14 Lanyana Way, Noosa Heads

By appointment. Weekends/weekdays (5447 3040)

#### Functional training classes

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My Fitness Club Noosaville, 2/1 Gateway Drive, Noosaville

By appointment. Weekends/weekdays (5474 4900)

#### Gym, fitness, and aqua classes. Monday - Saturday, 6.00 am - 7.00pm

Noosa Springs Resort, Links Drive, Noosa Heads

By appointment. Weekends/weekdays (5440 3365)

#### Yoga. Monday to Sunday, 9:30 am - 10:30 am

Noosa Beach Yoga, Noosa Woods, Noosa Heads

By appointment. Weekends/weekdays. Claudia Cartillone (0422 552 569)

### Monday, September 14

#### Tennis lesson. 8:30 am - 9:30 am

Tewantin Tennis Club, Noosa District Sports Complex,

McKinnon Drive, Tewantin

By appointment. Daniel Carroll (0421 328 384)

#### Surfing lesson. 11:00 am - 12:00 noon.

Merrick's Learn to Surf Noosa,

Beach access 14, Claude Batten Drive, Noosa Heads

By appointment. Merrick Davis (0418 787 577)

### Tuesday, September 15

#### Tai Chi. 9.15 am - 10.00 am

Noosaville Lions Park/Apex Park (beside the Big Pelican)

By appointment. Ian Cameron (0431 340 297)

#### Tennis Fit class. Tuesdays, 10:30 am - 11:30 am.

Noosa Springs Resort, Links Drive, Noosa Heads

By appointment. Glenn Irwin (0414 494 645)



### Tuesday, September 15 and Thursday, September 17



#### Men's and women's cricket training. 4:00 pm - 6:00 pm.

Cooroy Eumundi Cricket Club,

Cooroy Sports Complex - Mary River Road

By appointment. Warren Smith (0402 141 686)

### Wednesday, September 16

#### Strong Nation class. 9.15 am - 10.15 am

Noosa Leisure Centre, Wallace Park, Noosaville

By appointment. (5329 6550)

#### Dance-trumental lesson. 10:30 am - 11:30 am

Stretching, exercises and easy dance choreography, as well as

the occasional playing of a percussion musical instrument.

Three Quarter Time, Noosa Leisure Centre - Wallace Park, Noosaville

By appointment. Petra Taylor-Smith (0490 957 265)

#### Table Tennis. 6:30 pm - 9:00 pm

Noosa Table Tennis Club. Noosa Leisure Centre - Wallace Park, Noosaville

By appointment. Paul Newall (0432 049 524)

### Thursday, September 17

#### Circuit class. 6.45 am - 7.45 am

Noosa Leisure Centre, Wallace Park, Noosaville

By appointment. (5329 6550)

#### Morning Social Tennis. 7:30 am - 9.00 am

Noosa Tennis Club, 4 Girraween Court, Sunshine Beach

By appointment. Dave McMahon (0413 450 207)

#### Stand Up Paddle class. 4.00 pm

Noosa Stand Up Paddle, 172 Gympie Terrace, Noosaville

By appointment. James (0423 869 962)

#### Pickleball. 6:00 pm - 7:45 pm

Noosa Pickleball, Noosa Leisure Centre - Wallace Park, Noosaville

By appointment. Woody Das (0435 122 125)

#### Softball. 6:30 pm - 8.30 pm

Noosa Softball, Noosa District Sports Complex. Butler Street, Tewantin

Rock-up social softball. Sarah Buxton (0401 169 947)

### Sunday, September 20

#### Croquet. 8:15 am for 8.30 am start

Noosa Croquet Club, 9 Seashell Place, Noosaville

By appointment. Niven Gugich (0428 799 987)

#### Men's Come 'n' Try cricket. 1:00 pm - 4:00 pm

Cooroy Eumundi Cricket Club,

Cooroy Sports Complex - Mary River Road

By appointment. Warren Smith (0402 141 686)

