

SENIORS FITNESS & SOCIAL WELLBEING ACTIVITIES

A NOOSA COUNCIL INITIATIVE

NOOSAVILLE	Contact	Monday	Tuesday	Wednesday	Thursday	Friday
	Ph Andy 0452 255 527	10:30-11:30am Strength & Stability Noosa Leisure Centre, Wallace Park				
		12-1pm Strength & Stability Noosa Leisure Centre, Wallace Park				
	Ph Kate 5474 9093			8:30-9:30am Strength & Stability Noosa Leisure Centre, Wallace Park		
	Ph Kirsten 0422 529 020			3:30-4:30pm Stretch Yoga Noosa Community Support		
	Ph Ronnie 0408 050 724			9-10am Sip n Social Noosa Boat House		
	Ph Lachie 0448 040 688					8:30-9:30am Strength & Stability Noosa Leisure Centre
	Move Noosa 0409 321 339	7:30am-8:30am Strength & Stability 3 Alba Cl, Noosa Heads			7:30am-8:30am Strength & Stability 3 Alba Cl, Noosa Heads	
	Ph Michelle 0407 090 660			10:30am-12:30pm Creative Art Therapy Noosa Community Support		
TEWANTIN	Contact	Monday	Tuesday	Wednesday	Thursday	Friday
	Ph Kirsten 0422 529 020		7:30-8:30am Aqua Aerobics Tewantin Pool		7:30-8:30am Aqua Aerobics Tewantin Pool\	
COOROY	Contact	Monday	Tuesday	Wednesday	Thursday	Friday
	Ph Shezi 0407 839 160		9:30-10:30am Strength & Stability Cooroy Car Club			
PEREGIAN BEACH COMMUNITY HOUSE	Contact	Monday	Tuesday	Wednesday	Thursday	Friday
	Ph Shezi 0407 839 160	11am-12pm Strength & Stability Peregian Beach Community House	7:30-8:30am Strength & Stability Peregian Beach Community House			
	Ph Nella 0423 498 408			8-9am Zumba Peregian Beach Community House		8-9am Zumba Peregian Beach Community House