

COMMUNITY TIMETABLE

Group Classes – Adult – 1st Floor Community Function Room



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 to 7:30am						PILATES Finetune Fitness	
9:00am					Dynamic Body Flow by Carly		
5:00pm							
5:30pm			MOBILITY CLASS Finetune Fitness				
6:00pm	Personal Pilates Laura Taylor	Violet Yoga 6 Week Courses		Salt and Mantra YOGA			
7:00pm to 8:00pm	Yin for Surfers 7:30pm to 8:30pm			Breathe & Evolve 5 Sept 2024 3rd Oct 2024 31st Oct 2024 28 Nov 2024 12 Dec 2024			

For more information or to make a booking use the contact details below.



Salt and Mantra - YOGA

Booking Direct
Link: <https://saltandmantra.as.me/YOGA>
Or select BOOK NOW on our website.
Enjoying your Yoga?
Why not check out our Multi-Session Passes for 5 or 10 sessions and save!!

Vinyasa Flow - Thursdays - 6:00pm - 7:00pm

Enjoy a slow, deep Vinyasa flow designed to meet the needs of all levels of experience. Move with your breath, explore strength and range of motion. Walk away feeling blissed out and connected to your body and your mind.

www.saltandmantra.com.au
Where Life Comes in Waves



Breathe & Evolve Healing

Connect with the divine source for your highest good as you journey through vibrations to help you relax, release and recharge. Sessions are an hour of meditation with crystal energies, Reiki Seichem and sound healing with crystal bowls, drum, solfeggio frequencies and chanting. Benefits include relaxation, easing physical pain, stress relief, unblocking trauma and personal development. 10% discount for SLSC members.
Sarah 0430 146 624
Kate 0411 428 075

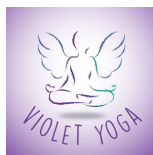
Violet Yoga

Jo O'Donnell of Violet Yoga brings over 25 years of yoga experience with her. Passionate about sharing the benefits of yoga with others Jo offers the following at Secret Harbour Surf Club: **bookings via www.violeyoga.com.au**

Tuesday evenings - Therapeutic yoga

6-7pm - Trauma Sensitive Yoga (supports recovery from PTSD, anger, mood swings, confusion etc.)

7:15 to 8:15pm Yoga for Anxiety and Depression (reduce worry, fear, panic, racing heart etc.) TBC



Finetune Fitness
**Peter
Cameron
0411 152 449**

Pilates Mat classes with Laura -

Personal Pilates

5:30pm Wed - Mobility Class

6:30am Sat - Intermediate Flow



Personal Pilates

Laura Taylor

0406 082 568

Pilates Mat classes

6pm Monday - Progressive Flow

Web: personalpilates.com.au



A modern take on traditional yoga and pilates set to work your entire body. Designed to develop a strong and toned body while incorporating features of balance and flexibility. Choreographed to a modern soundtrack this class will leave you feeling powerful yet calm. This 60 minute low impact class is suitable for all abilities.

COMMUNITY TIMETABLE

Group Classes – Children – 1st Floor Community Function Room



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4pm		Helen O'Grady DRAMA CLASS					

Community Group Meetings – 1st Floor Community Function Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am to 12 noon			BNI Net Worth Every Wednesday From 7 Feb 2024			Mulla Mulla Sensory Play every 2nd Saturday 6mth to 6yrs	Everhope Church

			Wednesday				
7pm			Peel 4x4 Club 25 Sept 2024 23 Oct 2024 27 Nov 2024 26 Feb 2025 23 April 2025				

For more information or to make a booking use the contact details below.



Helen O'Grady Drama Academy

Our classes offer children a great way to gain on-going confidence and skill in verbal communication through drama-based activities and play. Bookings essential.

Kristen
0438 455 948
or enrol online helenogrady.net.au



Peel 4WD Club

Visitors are welcome to Peel 4x4 Club. Originated in 1998, we are a family friendly 4WD club. We enjoy day trips, overnights, weekend trips and longer stay trips while always having fun!

Garry Mayes
0401 446 134
Find us on Facebook, Instagram and YouTube