

Health & Fitness

GENTLE YOGA Exercise

Tuesday 10:00am—11:00am (school terms only)

Wednesdays 6:00 pm—7:00 pm

Cost: \$10 per week (per session) or \$80 per 10 Weeks

Especially tailored for the more mature adult. A fun way to keep fit.

Experienced, qualified instructor.

Bookings is Essential

For enquires please contact **BPNH Office** on **8743 0671**

Or email us on bookings@bpnh.org.au



Kimekai Karate

Tuesday & Wednesday

Thunderbolts (4-7 years) 5:30pm till 6pm

Young Samurai (8-13 years) 6pm till 6:45pm

Teens/Adults (All Levels) 6:45pm till 7:45pm

Saturday

Teens/Adults (All Levels) 7:30am till 8:30am

Thunderbolts (All Levels) 8:30am till 9am

Young Samurai (8-13 years- All Levels) 9am till 9:45am

For more information please contact Peter on **0406 055 653**



Casey Bicycle Users Group

First Saturday of the month at 10 am

If you're wanting an enjoyable leisurely ride (or know someone who would) come and join us on the Hallam Valley Trail on First Saturday of the month at 10 am starting at Sweeney Reserve. See attached poster for details or contact me or neighbourhood house. Everyone welcome.

Bookings is Essential

For enquires please contact **BPNH Office** on **8743 0671**

WEIGHT WATCHERS MEETING

Monday evening: 5:00pm – 6:00pm

Thursday morning : 10:00am – 11:00am

You don't have to go hungry to lose weight; we teach you to live life as you lose weight, and become everyday strong – IT'S A LIFESTYLE not a diet!

No booking required.

SASH

Tuesday 5:30pm – 7:30pm

A mutual support and encouragement group
open to all genders, ages and sizes.

No Booking Required.