

Health & Fitness

Gentle Yoga Exercise

Especially tailored for the more mature adult. A fun way to keep fit with an experienced and qualified instructor.

Cost: \$10.00 per week (per session) or \$80.00 per 10 weeks

Tuesday 10:00am—11:00am (School Term only)

Wednesdays 6:00pm—7:00pm (School Term only)

BPNH Membership Enrolment is required by all participants.

For more information please contact BPNH Office on

(03) 8743 0671 or email: bookings@bpnh.org.au.

Kimekai Karate

Let Kimekai help your child take the first step on the journey to becoming more confident, disciplined and able to defend themselves.



Tuesday & Wednesday

Thunderbolts (4-7 years)	5:30pm - 6:00pm
Young Samurai (8-13 years)	6:00pm - 6:45pm
Teens/Adults (All Levels)	6:45pm - 7:45pm

Saturday

Teens/Adults (All Levels)	7:30am - 8:30am
Thunderbolts (All Levels)	8:30am - 9:00am
Young Samurai (8-13 years - All Levels)	9:00am - 9:45am

For more information please contact Peter Harvey
on 0406 055 653

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Slim Away Surplus Happy (SASH)

We are a mutual support and encouragement group who meets for friendship and to keep track of our weight.

Tuesday 5:15pm – 7:15pm

Open to all genders, ages and sizes.

No Booking Required.

For more information please contact Gerlinde 0403 012 453

U3A Arthritis Exercise

Gentle activities to help improve flexibility, strengthen, balance and a feeling of relaxation.

Tuesday 11:00am—12:00pm

U3A Membership required

For more information please contact BPNH Office or U3A Membership Officer on 0478 226 521 (Leave a message and a number).

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U3A Quigong

As a form of gentle exercise, quigong is composed of movements that are typically repeated, strengthening and stretching the body and improving the awareness of how the body moves through space.

Monday 10:00am—11:00am

Tuesday 10:00am—11:00am

U3A Membership required

For more information please contact BPNH Office or U3A Membership Officer on 0478 226 521 (Leave a message and a number).