

**Martial Arts** - Get fit and learn how to defend yourself. Ages 7 years and older.

When	Where	Time
Every Saturday	<b>Toowoomba:</b> Newtown Hall (Crn Rome & Clairmont Sts)	8.30am – 9.30am

**Dance** - Contemporary dance including jazz, hip hop and ballet. Great way for the kids to meet new friends. Ages 3 – 17.

When	Where	Time
Every Saturday	<b>Toowoomba:</b> Newtown Hall (Crn Rome & Clairmont Street)	9.30 – 10.30am 12 yrs and up 10.30 – 11.00am 3-6 yrs 11.00 – 11.45am 7-11 yrs
Every Saturday	<b>Toowoomba:</b> Drayton Memorial Hall (39-41 Brisbane Street)	8.30 – 9.00am 3-6yrs 9.00 – 9.45am 7-11 yrs

**Drama** - Let your child explore the actor within. Great for building confidence and self esteem. Includes games and role play. For ages 3 – 17.

When	Where	Time
Every Saturday	<b>Toowoomba:</b> Newtown Hall (Crn Rome & Clairmont Street)	9.30 – 10.00am 7-11 yrs 10.00 – 10.30am Under 7 yrs 10.30 – 11.15am 12 yrs and up

Energise is a **free community program** which aspires to improve the health and well-being of communities in the Toowoomba region through encouraging active living.

For more information about Energise please visit our website [www.energise.org.au](http://www.energise.org.au) or contact Kate on 4615 3600 or email [energise.onthemove@gmail.com](mailto:energise.onthemove@gmail.com).

Joining in the Energise free program is easy.

1. Choose an activity
2. Pick a date
3. Come along

Simply choose an activity which suits your fitness level and interests, find out the next date the activity is scheduled and just turn up at the specified time.

No need to pre-register or fill out any forms. Just choose an activity, pick a date and come along. Remember to invite your family, friend or neighbour to join you.

This project was funded by the Australian Government Department of Health and Ageing



**FEBRUARY 2010 PROGRAM**

**Please note that there will be no Energise programs running on the Australia Day holiday Tuesday 26th January. Outdoor activities will not occur during wet weather.**

**Join the free Energise program and live a healthier and more active lifestyle today.**

**50+ Years Fitness** - Increase your fitness, strength and flexibility with gentle exercises. Suitable for all fitness levels.

When	Where	Time
Every Monday	<b>Toowoomba:</b> Queens Park, Lindsay Street (car park near All Access Playground)	8.30 – 9.30am
Every Monday	<b>Cambooya:</b> Cambooya Bowls Club, Lucy Street	9.30 - 10.30am
Every Monday	<b>Clifton:</b> RSL Hall, 28 Norman Street	11.30am – 12.30pm
Every Tuesday	<b>Highfields:</b> Highfields Fitness & Rec Centre, O'Brien Road	8.00 – 9.00am
Every Wednesday	<b>Toowoomba:</b> Laurel Bank Park, Hill Street (Gazebo near Herries Street)	8.30 – 9.30am
Every Friday	<b>Toowoomba:</b> Trinity Lutheran Hall, Hume St	8.30 – 9.30am
Every Friday	<b>Oakey:</b> Community Centre, Campbell Street	10.30 - 11.30am

**Circuit Plus** - A variety of exercises to suit all fitness levels. Best way to build overall fitness, strength and flexibility.

*Great for those who find it hard to stay motivated.*

When	Where	Time
Every Monday	<b>Clifton:</b> RSL Hall, 28 Norman Street	5.30 – 6.30pm
Every Tuesday	<b>Pittsworth:</b> Body By U, 123 Evans Street	2.00 – 2.45pm
Every Tuesday	<b>Toowoomba:</b> Trinity Lutheran Hall, Hume Street (parking off Potter Street)	5.15 – 6.15pm

**50+ Mens Circuit** - A variety of exercises specifically suited to the needs of men over 50. Improve overall fitness, strength, balance and co-ordination in a relaxed and social environment.

When	Where	Time
Wednesday 10th, 17th & 24th	<b>Toowoomba:</b> Greek Hall, Cnr Hume and Perth Streets	9.30 - 10.30am

**Healthy Mums & Happy Bubs** - Enjoy a class designed for you and your baby. Stretch, strengthen and reshape your body with a combination of Yoga and Pilates moves while interacting with your child.

When	Where	Time
Every Monday	<b>Toowoomba:</b> Yoga Queensland, 8b Herries Street	3.00 - 4.00pm

**Mums & Bubs Walking Group** - Enjoy the outdoors and improve your fitness while catching up with other mums.

When	Where	Time
Every Tuesday	<b>Toowoomba:</b> Queens Park, Lindsay Street (car park near All Access Playground)	9.30 - 10.15am

**Heart Foundation HeartMoves** – A low to moderate intensity program designed for people with stable long term health conditions such as heart disease, diabetes and obesity. Please obtain clearance from your Doctor prior to attending your first session.

When	Where	Time
Every Tuesday	<b>Toowoomba:</b> Willows Health & Lifestyle Centre, Kitchener Street	10.00 - 11.00am
Every Thursday	<b>Toowoomba:</b> Willows Health & Lifestyle Centre, Kitchener Street <b>* AQUA CLASS*</b>	11.00 - 12.00pm

**Walking Groups** - Take time out from your day to enjoy a brisk walk through the park.

When	Where	Time
Every Monday and Thursday	<b>Oakey:</b> Gordon Park, Lorrimer Street	7.00 – 8.00am
Every Thursday	<b>Toowoomba:</b> West Creek Reserve Walking Path, Spring Street (between Springs Garden World and Kingfisher Village)	7.00 – 7.45am

**Social Tennis** - Come and enjoy a hit of tennis and make new friends. All abilities welcome.

When	Where	Time
Every Friday	<b>Toowoomba:</b> Clive Berghofer Rec Centre, Baker Street <b>*CRECHE AVAILABLE*</b>	9.00 – 10.00am

**Tai Chi** - Slow movements synchronised with deep breathing. A gentle exercise that strengthens and calms the body and mind.

When	Where	Time
Every Tuesday	<b>Oakey:</b> Community Centre, Campbell Street	8.00 - 9.00am
Every Tuesday	<b>Toowoomba:</b> Laurel Bank Park Hall, Hill Street	2.00 – 3.00pm
Every Wednesday	<b>Toowoomba:</b> The Heights Community Centre, Wine Drive	10.30 – 11.30am

**Yoga** – Create a more flexible and strong body while you de-stress.

When	Where	Time
Every Monday	<b>Toowoomba:</b> Yoga Queensland, 8b Herries Street	5.30 – 6.30pm
Every Wednesday	<b>Toowoomba:</b> PCYC, James St	10.30 – 11.30am
Every Wednesday	<b>Clifton:</b> FE Logan Hall, Meara Place	8.00 - 9.00am

**Fitball** – A class that focuses on improving your core strength, balance and posture. Suitable for all ability levels.

When	Where	Time
Every Thursday	<b>Toowoomba:</b> USQ Works Health & Rec Club, Baker Street <b>*CRECHE AVAILBLE*</b>	11.15am - 12.00pm

**Boxercise** – Boxing moves designed to build your strength, fitness and stamina.

When	Where	Time
Every Thursday	<b>Crows Nest:</b> Indoor Sports Centre, The Showgrounds	5:30 - 6:30pm