



JULY 2010 PROGRAM

Please note that some classes now incur a small cost of \$3 per participant payable on entry to the instructor.

Energise is a **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 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.

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

## The following classes are \$3 per participant to attend. Please see your instructor upon entry.

**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> Laurel Bank Park, Hill Street (Gazebo near Herries Street)	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>Oakey:</b> Community Centre, Campbell Street	10.30 - 11.30am
Every Tuesday	<b>Highfields:</b> Highfields Fitness & Rec Centre, O'Brien Road	8.00 – 9.00am
Every Wednesday	<b>Toowoomba:</b> Jacaranda Room, Grand Central Shopping Centre (through Cinema entrance, up ramp to the right)	8.30 – 9.30am
Every Friday	<b>Toowoomba:</b> Newtown Rose Gardens, (parking off Pottinger 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 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

**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 * AQUA CLASS*	11.00 - 12.00pm

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

When	Where	Time
Every Tuesday (excluding 20th)	<b>Toowoomba:</b> Jacaranda Room, Grand Central Shopping Centre (through Cinema entrance, up ramp to the right)	2.00 – 3.00pm

**Gentle Exercise** – A low intensity to moderate intensity class to improve your fitness, strength and flexibility. Participants have the option of completing all or part of the class seated.

When	Where	Time
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 Wednesday (excluding 7th)	<b>Toowoomba:</b> PCYC, James St	10.30 – 11.30am

## The following classes will remain free or gold coin donation as they are run by volunteers or group led.

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

When	Where	Time
Every Saturday (excluding 3rd)	<b>Toowoomba:</b> Wilsonton Primary School Hall, Denyer Street	8.30am – 9.15am

**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 (excluding 3rd)	<b>Toowoomba:</b> Wilsonton Primary School Hall, Denyer Street	9.30 – 10.00am 3-6 yrs
		10.00 – 10.40am 7-10yrs
		10.40 – 11.30am 11-13yrs 11.30 – 12.30pm 14 yrs & up
Every Saturday (excluding 3rd)	<b>Toowoomba:</b> Drayton Memorial Hall, 39-41 Brisbane Street	8.30 – 9.00am 3-6 yrs
		9.00 – 9.45am 7-11 yrs
		9.45 – 10.30am 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 (excluding 3rd)	<b>Toowoomba:</b> Wilsonton Primary School Hall, Denyer Street	9.30 – 10.00am Under 7 yrs
		10.00 – 10.40am 7-11 yrs
		10.40 – 11.30am 12 yrs & up

**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

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

When	Where	Time
Every Monday & Thursday	<b>Oakey:</b> Gordon Park, Lorrimer Street	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