



AUGUST 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 or contact Kate on 4615 3600 or email 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	Toowoomba: Laurel Bank Park, Hill Street (Gazebo near Herries Street)	8.30 – 9.30am
Every Monday	Cambooya: Cambooya Bowls Club, Lucy Street	9.30 - 10.30am
Every Monday	Clifton: RSL Hall, 28 Norman Street	11.30am – 12.30pm
Every Tuesday	Oakey: Community Centre, Campbell Street	10.30 - 11.30am
Every Tuesday	Highfields: Highfields Fitness & Rec Centre, O'Brien Road	8.00 – 9.00am
Every Wednesday (excluding 4th & 18th)	Toowoomba: Jacaranda Room, Grand Central Shopping Centre (through Cinema entrance, up ramp to the right)	8.30 – 9.30am
Every Friday	Toowoomba: Newtown Rose Gardens, (parking off Pottinger St)	8.30 – 9.30am
Every Friday	Oakey: 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	Pittsworth: Body By U, 123 Evans Street	2.00 – 2.45pm
Every Tuesday	Toowoomba: 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	Toowoomba: Willows Health & Lifestyle Centre, Kitchener Street	10.00 - 11.00am
Every Thursday	Toowoomba: Willows Health & Lifestyle Centre, Kitchener Street * AQUA CLASS*	1000 - 11.00am

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

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

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

When	Where	Time
Every Wednesday	Toowoomba: PCYC, James St	10.30 – 11.30am

Baby Sling Dance – Parents move their body to a gentle dance routine with baby secure in a sling. Your little one can enjoy the benefits of dance and music while you improve your fitness. A wonderful bonding opportunity for parents and children from newborn to toddlers.

When	Where	Time
Every Monday	Toowoomba: Kath Dickson Family Centre, 353 Ruthven Street	10.00am - 10.45am

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	Toowoomba: 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	Toowoomba: 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	Toowoomba: 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	Toowoomba: 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	Toowoomba: 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	Oakey: 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	Oakey: Community Centre, Campbell Street	8.00 - 9.00am