

COWRA BRING HEALTHY BACK TIMETABLE WEEK SEVEN – STRESS LESS

Monday 18/4	Tuesday 19/4	Wednesday 20/4	Thursday 21/4	Friday 22/4	Saturday 23/4	Sunday 24/4
<p><u>Shane's Fitness Class</u> <u>PCYC Young Rd</u> 10.30am and 6.30pm <u>Old Time Dancing FREE</u> 6.30pm <u>Rock and Roll Dancing FREE</u> 7.30pm <u>Cowra Services Club</u> <u>Croquet</u> Brougham Park Contact Pat Rowe on 0409443586 <u>Community Health -Walking for Pleasure</u> FREE walking group Pool Car Park 7.30am-8.30am <u>Squash coaching for kids</u> <u>FREE with Pat Charnock</u> <u>0427421021</u> 5.30pm-6.30pm <u>PCYC Touch Football @Edgell Park</u> <u>HEAL Program (free)</u> <u>Mission Australia</u> 9.30am-10.30am <u>AT Fitness Training</u> Contact Anna Trimming <u>Cowra Health Club</u> 5.30am GRIT 6.00am RPM 5.30pm Body Pump 6.30pm CX WORX 7.00pm Yoga <u>Heart Support Australia</u> Meeting 9.30am Senior Citizens Hall</p>	<p><u>Boxing 4 Fitness</u> <u>PCYC Young Rd</u> 5.30pm-6.30pm <u>AT Fitness Training</u> Contact Anna Trimming <u>CINC & Community Health</u> <u>Walking Group</u> Meets 9am in parking area outside Japanese Gardens <u>Line Dancing</u> <u>Cowra Services Club</u> Kids Welcome 7pm <u>Cowra Health Club</u> 6.00am Body Pump 5.30pm CX WORX 6.00pm Body Balance 6.00pm RPM <u>Community Health Winter</u> <u>Exercise Program</u> PCYC Young Rd 9am-10am <u>Cowra Special Needs</u> <u>Walkathon</u> Europa Park 10am-12pm Community welcome <u>Barnyard Running and Fitness</u> 5.15pm Twigg Oval</p>	<p><u>CINC - Wednesday Walkers</u> 10.15am and 5.15pm Meet at BBQ Area of River Park <u>Community Health -Walking for Pleasure</u> FREE walking group Pool Car Park 7.30am-8.30am <u>Tai Chi FREE</u> 2.00pm Cowra Hospital <u>HEAL Program (free) - CINC</u> 1pm-2pm <u>AT Fitness Training</u> Contact Anna Trimming <u>Croquet</u> Brougham Park Contact Pat Rowe on 0409443586 <u>Inverse Pole and Fitness</u> Bookings 04028199225 <u>Cowra Health Club</u> 6.00am Body Attack 9.00am RPM 5.30pm Express Body Pump 6.00pm KI MAX 6.00pm EXPRESS RPM</p>	<p><u>Boxing 4 Fitness</u> <u>PCYC Young Rd</u> 5.30pm-6.30pm <u>HEAL Program (free)</u> <u>Kendal St Medical Service</u> 5.30-6.30pm <u>HEAL Program (free)</u> <u>Carinya Early Childhood</u> 20 Comerford St 6.30-7.30pm <u>Model Aero Club</u> <u>PCYC Young Rd</u> 7pm-9pm <u>AT Fitness Training</u> Contact Anna Trimming <u>Stepping On</u> Dept of Health – Cowra Hospital Contact Donna on 63409007 <u>Inverse Pole and Fitness</u> Bookings 04028199225 <u>Cowra Health Club</u> 6.00am KI MAX 9.00am Body Balance 5.30pm GRIT 6.00pm EXPRESS RPM <u>Community Health Winter</u> <u>Exercise Program</u> PCYC Young Rd 9am-10am</p>	<p><u>Shane's Fitness Class</u> <u>PCYC Young Rd</u> 10.30am <u>Cowra Runners FREE</u> <u>Friday 5km</u> <u>Walk or Run</u> 5.55am Japanese Gardens Car Park <u>Community Health -Walking for Pleasure</u> <u>FREE walking group</u> Pool Car Park 7.30am-8.30am <u>AT Fitness Training</u> Contact Anna Trimming</p>	<p><u>Cardio Tennis</u> Cowra Tennis Courts 8am <u>Croquet</u> Brougham Park Contact Pat Rowe on 0409443586 <u>Cowra Health Club</u> <u>Saturday Morning Sessions 8</u> <u>Week Challenge</u> 6.30am-7.30am</p>	<p><u>Cowra Golf Club</u> <u>Super 9 Sunday Social comp.</u> 8am-10am <u>Mufti Mixed Bowls</u> Cowra Bowling Club 9am for 10am start <u>CINC and Personal</u> <u>Supplement Training</u> <u>Personal Training</u> 7am and 8.15am sessions Pre booking with CINC essential</p>