



‘Come and Try’ Adult Holiday Activities

Week 1, July 2019

Course	Dates	Time	Cost
Yoga	Monday 1 st July	12.30am-1.30pm	\$10.00
Stretch and Stabilise	Tuesday 2 nd July	10am-11am	\$10.00
Pilates	Thursday 4 th July	10am-11am	\$10.00
Meditation	Thursday 4 th July	11am-12pm	\$10.00
Adult Art - Acrylics	Friday 5 th July	1-3pm	\$35.00 (inc. materials)

For more information and to book a spot, please contact Kerrie Rd Neighbourhood House on 9887 6226

**Don't miss out. Limited places...
Enrol today!
(Bookings close Friday 21st June)**



'Come and Try' Adult Holiday Activities

Week 2, July 2019

Course	Dates	Time	Cost
Yoga	Monday 8 th July	12.30am-1.30pm	\$10.00
Stretch and Stabilise	Tuesday 9 th July	10am-11am	\$10.00
Pilates	Thursday 11 th July	10am-11pm	\$10.00
Meditation	Thursday 11 th July	11am-12pm	\$10.00

For more information and to book a spot, please contact Kerrie Rd Neighbourhood House on 9887 6226

**Don't miss out. Limited places...
Enrol today!
(Bookings close Friday 21st June)**