



Summer Adult Holiday Program January 2021

Kerrie Rd Neighbourhood House offers a great range of activities over the Summer break!

Keep active and fit or try something new

Course	Dates	Time	Cost
Yoga with Janie	Monday 11 th , 18 th & 25 th January	10am - 11am	\$50
Mat Pilates with Feren	Monday 4 th , 11 th , 18 th & 25 th January	8pm - 9pm	\$50
Tai Chi – Beginners with Feren	5 th , 12 th , 19 th January	1.30pm-2.30pm	\$45
Yoga with Janie	Thursday 7 th , 14 th & 21 st January	7pm - 8pm	\$50
Italian Cooking with Lucia (Gnocchi & Tiramisu)	Tuesday 19 th January	11am – 1pm (2hr class)	\$40
Strength Training with Pauline	Wednesday 6 th , 13 th , 20 th and 27 th	9.45am-10.45am	\$50
Strength Training with Marcia	Friday 8 th , 15 th & 22 nd January	9.30am - 10.30am	\$45

**All classes will be held via Zoom. Links will be sent in the last week of term.*

Online bookings close Friday 7th December 2020 at 5pm.

More information on our website see

<http://www.knh.org.au/summer-holiday-activities/>

Don't miss out. Enrol today!
Email us at info@knh.org.au