














What's on at Moutere Hills Community Centre

SUMMER SCHEDULE – 24 December 2018 – 3 February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<u>CONTACTS</u>
<p>Re-Activate 9:30 – 10:15am <i>Low impact class/for anyone getting back into fitness</i> Cost: \$5 or FREE for FC members (STARTING ON THE 14th JANUARY)</p>	<p>Group Fitness  5:45 – 6:45am Bookings Essential (STARTING ON THE 8TH JANUARY)</p> <p>Social Touch  6:00 – 7:30pm Gold coin donation (WILL RUN THROUGHOUT THE HOLIDAYS APART FROM STAT DAYS)</p> <p>Qigong/ Ren Xue Yuan Gong  7:00 – 8:30pm (STARTING ON THE 8TH JANUARY)</p> <p>Box'n Burn  6:00 - 6:45pm Cost: \$5 or FREE for FC members (STARTING ON THE 15th JANUARY)</p> <p>Adults Social Badminton  6.45 – 8:15pm Cost: \$3 Contact Mark to book your court time (STARTING ON THE 8TH JANUARY)</p> <p>Dru Yoga for Men  6:30 – 7:45pm (STARTING ON THE 15TH JANUARY) Contact – Kris</p>	<p>Powerhooping  9:15 – 10:15am Casual \$12 (includes pwrhoop) Concession available Powerhoops available to purchase (STARTING ON THE 16TH JANUARY)</p> <p>Metafit  6:00 – 6:30pm Cost: \$5 or FREE for FC members Core Foundations 6:30 – 7:15pm Cost: \$5 or FREE for FC members (\$10 for both sessions) (STARTING ON THE 16th JANUARY)</p>	<p>Group Fitness  5:45 – 6:45am Bookings Essential (STARTING ON THE 3rd JANUARY)</p> <p>Re-Activate 6:00 – 6:45pm Cost: \$5 or FREE for FC members (STARTING ON THE 17 JANUARY)</p> <p>Adults Volleyball (Intermediate/Advanced) 6:45 – 8:00pm (Beginner/Social)  8:00 – 9:30pm Cost: \$3 (WILL RUN THROUGHOUT THE HOLIDAYS)</p>	<p>Box'n Burn  6:15 – 7:00am Cost: \$5 or FREE for FC Members (STARTING ON THE 18th JANUARY)</p> <p>Metafit  9:00 – 9:30am Cost: \$5 or FREE for FC members Core Foundations 9:30 – 10:00am Cost: \$5 or FREE for FC Members (STARTING ON THE 18th JANUARY)</p> <p>Playgroup  10:00 – 12:00pm All welcome (STARTING ON THE 18TH JANUARY)</p>	<p>MetaPRO 8:30am</p> <p>MetaPWR 9:00am</p> <p>Core Foundations 9:30am</p> <p>Bookings Essential. Contact Carol to make your booking (STARTING ON THE 5TH JANUARY)</p>	<p>Dru Yoga Kris 027 525 2814</p> <p>Group Fitness Core Foundations Metafit / Meta PWR/PRO Carol 021 908 539 FB: metafit Moutere</p> <p>Playgroup Renae 027 293 7326</p> <p>Social Touch Mark 027 422 9949</p> <p>Powerhooping Sara 021 069 7522 powerhoopingnelson@gmail.com</p> <p>Qigong/Ren Xue/Yuan Gong Saija 5432 088</p> <p>Badminton Mark 022 424 3564</p>