

STAY ACTIVE AT HOME

LIVE ONLINE

CLASS SCHEDULE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Active & Fit
Dorothy Senise
9:30 - 10:30

**Strength,
Stretch &
Relax**
Karen Orman
10:00 - 11:00

Zumba
Norma Rojas
9:30 - 10:30

**Fitter &
Stronger**
Peter White
10:00 - 11:00

Tai Chi
Alex Galvan
9:10 - 10:10

Tai Chi
Alex Galvan
9:10 - 10:10

**Fitter &
Stronger**
Peter White
11:00 - 12:00

**Strong &
Active**
Judy Pilch
11:15 - 12:45

Yoga
Danuta Wanat
11:00 - 12:00

**Relax &
Unwind**
Dorothy Senise
11:30 - 12:30

**International
Yoga**
Bhimsen
Sapkota
11:00 - 12:00

To join a class, please register by calling (02) 8580 0628 or emailing us at info@share.org.au
Read more about our services and classes on our website at www.share.org.au



Health

