

Yoga Classes 2019 Dates

Arthritis ACT offers Yoga to improve muscle tone, better breathing habits, reduction of stress, better sleep, and a sense of well-being.

DATE COMMENCING:	DATE ENDING:	TIME:
11 th February Floor Yoga	8 th April	Monday 9:30 to 10:15 am
11 th February Chair Yoga	8 th April	Monday 11:00 to 11:45 am
14 th February Chair Yoga	11 th April	Thursday 2:30 to 3:30 pm
30 th April Floor Yoga	2 nd July	Monday 9:30 to 10:15 am
30 th April Chair Yoga	2 nd July	Monday 11:00 to 11:45 am
2 nd May Chair Yoga	4 th July	Thursday 2:30 to 3:30 pm
22 nd July Floor Yoga	23 rd September	Monday 9:30 to 10:15 am
22 nd July Chair Yoga	23 rd September	Monday 11:00 to 11:45 am
25 th July Chair Yoga	26 th September	Thursday 2:30 to 3:30 pm
14 th October Floor Yoga	16 th December	Monday 9:30 to 10:15 am
14 th October Chair Yoga	16 th December	Monday 11:00 to 11:45 am
17 th October Chair Yoga	19 th December	Thursday 2:30 to 3:30 pm

Cost: Members: \$7 per session Non-Members: \$11 per session

Note: The term usually consists of 9 or 10 classes.

Venues: Monday @ Building 18, 170 Hayden Drive, Bruce Thursday, @ SHOUT Offices, Collet Place Pearce

To register: Contact Arthritis ACT on info@arthritisact.org.au or phone 1800 011 041