

The Grenville Seniors Community Connection Hub

Beside Elizabeth Shopping Centre, Elizabeth

Telephone: 8256 0377

<i>Time</i>	Monday	Tuesday	Wednesday	Thursday	Friday
<i>9.30am</i>	Keep Fit \$1	Cycling \$2 Keep Fit \$1		Walking \$2 Tai Chi \$3.50 (Beginners)	Tai Chi \$3.50 (Advanced) Weight Strength \$4.10 (McVeity Centre)
<i>10.00am</i>			Keep Fit \$1		
<i>10.30am</i>					Weight Strength \$4.10 (McVeity Centre)
<i>10.45 am</i>	Keep Fit \$1	Keep Fit \$1			
<i>11.00am</i>	Walking \$2		Tai Chi \$1		
<i>12.15am</i>		Line Dancing \$2.50 (Intermediate)			
<i>1.00pm</i>		Weight Strength \$4.10 (McVeity Centre)		Low Vision Sequence Dance \$1	Carpet Bowls \$1.50
<i>1.30pm</i>	Water Fitness (Aquadome)				
<i>2.30pm</i>		Line Dancing \$2 (Beginners Class)			
<i>7.30pm</i>			Scottish Country Dancing		
<i>8.00pm</i>	Line Dancing \$2 (Beginners class)				