

Community Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00am	Morning Movers					
2:30pm		Gentle Yoga	Happy Mind & Healthy Body			
5:30pm	Circuit Class Stafford			Cardio Club Kalinga		

Happy and Healthy Program

Morning Movers

An indoor exercise class that is friendly and welcoming. The class changes from week to week so you won't get bored and with different exercise options, this to week so you won't class is suitable for all fitness levels.

Gentle Yoga

Yoga is a wonderful way to improve your overall wellbeing. In this class, you will be guided through gentle yoga movements & stretches with options to practice from a chair or from a mat.

Happy Mind & Healthy Body

Improve your lifestyles and experience benefits with yoga. A mat based yoga class, incorporating wellness tips & techniques to take off the mat and into your life.

Active Parks Program

Circuit Class - Stafford

Focus on positive things that you can do to feel good. Whether you have done exercise in the past or are new to being active, you will have an experience that you will enjoy; you will always have a choice to work at your own capacity. Meeting Point: The Community Place car park, 33 Teevan Street, Stafford

Cardio Club - Kalinga

Meeting Point: The Community Place car park, 20 Clark Street, Kalinga This class focuses on creating a group dynamic that is supportive and encouraging. A group fitness class tailored to all levels to improve cardio capacity through movement and strength based exercises.

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