

Central Coast & Hunter

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9am – 10am	Remain Active Online	Online Seated	Remain Active		Gym CircuitRemain Active JesmondKincumberJesmond	Seated Exercises Warnervale	Meditation Raymond Terrace	Tai Chi Online	Seated	
10am – 11am	Water Exercise	Exercise Kincumber	East Maitland	Remain Active Morpeth	Kincumber		Remain Active Warnervale	Games Raymond Terrace	Water	Exercise Kincumber
11am – 12pm	Kincumber	Water Exercise Morpeth Remain Active					Core & Stretch	Remain Active Raymond Terrace	Kincumber Remain Active	Remain Active East Maitland
12pm – 1pm		Kincumber	Arts, Craft East M	s & Games aitland			Warnervale		Kincumber	
1pm – 2pm									Book Club * Warnervale * First Friday of each month	Art Class * Warnervale * Third Friday of each month
2pm – 3pm										
3pm – 4pm				Meditation & Relaxation Online						oncerts * ortnightly

