

**JULY - SEPTEMBER 2021**

**BOXING**



Tuesdays 20/7 - 7/9  
9.30am - 10.30am  
Marion Bowling Club  
262 Sturt Road, Marion

This is a non-contact, non-competitive version of boxing and has been shown to improve fitness, strength, coordination and memory. **Numbers strictly limited.** Those who didn't participate in boxing last year will be given priority access.

**FENCING**



Wednesdays 4/8 - 8/9  
1.30pm -2.30pm  
Marino Community Hall  
44 Newland Ave, Marino

Fencing can improve joint mobility, flexibility, endurance, balance and coordination and helps keep the brain as sharp as an epee. Come and reposte and parry with Jenny, a highly experienced and credentialled veteran's coach from the Trott Park Fencing Club.

**TAI CHI**



Mondays 19/7 - 6/9  
10.00am - 11.00am  
Castrol Shed  
Quailo Avenue  
Hallett Cove

Discover why this ancient Chinese practice has become so popular across the world. The slow graceful movements help improve balance, strength and flexibility and the focus on the mind/body connection with the movements will calm the mind.

**CHAIR YOGA FIT**



Tuesdays 20/7 - 7/9  
1.30-2.30pm  
Plympton Sporting and Recreation Club  
Park Tce, Plympton Park

Fantastic for your body and mind whilst remaining seated and supported. Combining yoga and fitness for an all around great workout

Suitable for all abilities.

**FIT AND FUN WITH KAY**



Thursdays 22/7 - 9/9  
10.00am -11.00am  
Cosgrove Hall  
40-50 York Ave  
Clovelly Park

Join the highly motivating and insanely fun lady of fitness, Kay MacKenzie for this fabulous class that is equal parts fun and fitness. Suitable for most abilities with the option to exercise from a chair.