

Dunalley Tasman Neighbourhood House

FITNESS CLASSES 2017 (as at May 2017)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<u>9.30am</u> <i>Low Impact Circuit</i> Eaglehawk Neck Hall	<u>5.30pm</u> <i>Cardio Boxing</i> Taranna Hall	<u>9.30am</u> <i>Fitness Training</i> Taranna Hall	<u>5.30pm</u> <i>Fitness Training</i> Taranna Hall
		<u>5.30pm</u> <i>Fitness Training</i> Taranna Hall	

\$55 pre-paid fitness card required and can be used between all classes

IF YOU ATTEND TWO FITNESS CLASSES IN A WEEK YOU WILL NOT BE CHARGED FOR ATTENDING ANY REMAINING FITNESS CLASSES IN THE SAME WEEK

Easy Ways to Pay:

1. By cash or cheque at the Dunalley office or in the post box located in the Nubeena office
2. Post a cheque to postal address - PO Box 7, Dunalley, 7177
(Please enclose a note advising what the payment is for)
3. Direct Deposit – Dunalley Tasman Neighbourhood House
BSB: 067 007
Account: 2800 8432
(Please send an email to admin@admindun@dunalleytasman.org advising the transfer date, amount and what the payment is for)

DTNH Dunalley office general enquiries and ALL bookings Mon to Fri 9am to 4pm

Dunalley Ph: 6253 5579 Email: admin@admindun@dunalleytasman.org