

**CITY OF ALBANY**

*Term 4 - Strong Seniors*

**October - December, 2018**

**Active  
Albany**

## **YOGA FOR SENIORS**

**Hayley Lawrence**

Tuesday 11am - 12pm

6 weeks October 23 - November 27

Cost: \$60 or \$50 Conc.

## **INTERMEDIATE LATIN LINE DANCING**

**Julie Bidewell**

Monday 1.30 - 2.30pm

6 weeks October 22 - November 26

Cost: \$60 or \$50 Conc.

## **ZUMBA GOLD SENIORS**

**Ainslie Castle**

Thursday 11.30am - 12.15pm

7 weeks October 25 - December 13  
(No program November 15)

Cost: \$70 or \$58 Conc.



## HOW TO DEFEND YOURSELF 101

Chris Mazzali

Wednesday 10 - 11.15am

4 weeks October 31 - November 21

Cost: \$40 or \$33 Conc.

## JACK HIGH

Jim Riches

Venue: Albany Bowling Club - Barrett St, Orana

Tuesday 10 - 11am

6 weeks November 6 - December 11

Cost: \$43 or \$36 Conc.



52-70 Barker Rd, Centennial Park

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