

Thursdays* are Community Movement Days here at St John's

*term time only



Company & Coffee
Social time for anyone thats free



Music & Movement
for preschoolers

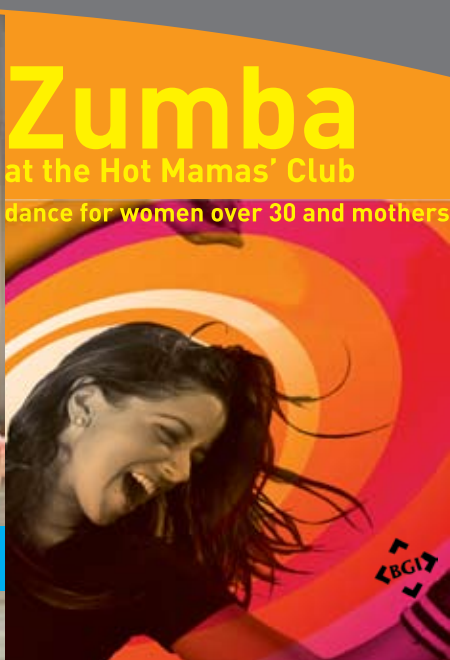
Move It or Lose It



Low Impact Exercise
For Everyone



Confidance
dance for boys



Zumba

at the Hot Mamas' Club

dance for women over 30 and mothers

Company & Coffee

Social time for anyone that's free

Begins Thursday 4th February 2010

This is an informal time to meet some new people.

We are into patchwork, embroidery, jigsaws, baking and boardgames so there'll be variety or you may just want to sit and chat. With some real coffee.

When: Thursdays at 10am til noon

Where: The St John's Centre

Cost: Koha or contributions to the soup pot

Enquiries: Judi Ferguson
972 9901, 021 128 8095

Music & Movement

for preschoolers

Begins Thursday 11th February 2010

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When: Thursdays at 10am

Where: The St John's Centre

Cost: \$??,???.??

Enquiries: Anna Davis,
385 1546, 027 406 5515

Move It or Lose It

Low Impact Exercise for Everyone

Begins Thursday 4th February 2010

New Year's resolution or not, this is your opportunity to come to a low impact exercise session. Heaps of fun and a great way to strengthen muscles and loosen stiff joints to toe tapping music. Sit or stand - the choice is yours. You don't have to take it seriously, just regularly!

Any age, any body shape, any level of fitness. Everyone welcome, bring friends.

When: Noon on Thursdays

Where: The St John's Centre

Cost: \$5, includes a delicious lunch

Enquiries: Marg Gilkison,
4763144, 021 144 0494

Confidance

Dance for Boys

Begins Thursday 11th February 2010

Confidance encourages boys to enjoy dance, meet new friends, increase confidence and love who they are. Coordinated by BGI, for more information check out www.bgi.org.nz

When: Every Thursday. Years 7 and 8 3:30-4:15pm, Year 9 up 3:30-4:15pm. Classes for younger boys are on other weekdays.

Where: The St John's Centre

Cost: Term 1 is \$80 (8 weeks)

Enquiries: Ani Prasad,
385 9549, 027 539 6636

Zumba

at the Hot Mamas' Club

Begins Thursday 18th February 2010

This group is for woman over 30 or who are Mums. This Zumba class will focus on Zumba form and style while learning more about the rhythms and dance steps. You will also learn valuable tips on how you can get the most out of your Zumba workout. Classes are limited to 15 places so we can spend more time on individual needs.

Where: The St John's Centre

Cost: Term 1 is \$38 (6 weeks)

Enquiries: Ani Prasad,
385 9549, 027 539 6636