



## Donnybrook Sports & Community Club Inc.

11-13 Amy Street Donnybrook Qld 4510 Ph: 5348 0405 (New!)

e [contact@donnybrooksportsclub.com](mailto:contact@donnybrooksportsclub.com)

w [www.donnybrooksportsclub.com](http://www.donnybrooksportsclub.com)

## Social Club Activities

### Tuesdays:

#### Let's Get Physical – 8.00am – 9.00am

- bring a drink, a towel,
- Cost - \$3.00
- School term only

Improve muscle strength, tone and bone density. All exercises can be modified to suit your individual fitness level.

#### Gentle Exercise – 9.15am – 10.15am

- bring a drink
- cost \$3.00
- School term only

This is very gentle exercise to music to keep our body moving.

### Wednesdays:

#### Line Dancing – 9.00am – 10.00am

- comfortable shoes
- cost \$2.00

Our class is suitable for beginners or experienced line dancers.

#### Craft group – 1<sup>st</sup> & 3<sup>rd</sup> Wednesday 10.30am – 12.30pm

- BYO craft
- Cost \$3.00

Bring your own craft, share ideas and enjoy a chat and coffee. Morning tea is provided.

**Donnybrook Sports & Community Club Inc.**

**General Account - Cheque** BSB: 084-209 Acct No: 56-201-5976

e [contact@donnybrooksportsclub.com](mailto:contact@donnybrooksportsclub.com)

w [www.donnybrooksportsclub.com](http://www.donnybrooksportsclub.com)