

YGDLLC 2024 Program Guide

Keeping our community healthy and connected

Term 1 - 29 January to 28 March

Mondays

Community Garden Group - Monthly, first Monday 9.30am
OM:NI - Monthly, third Monday 9.30am-12noon

Tuesdays

Pilates - Weekly 8.30am-9.30am
Vinyasa Yoga - Weekly 9.45am-10.45am
Sticks & Hooks Group - Monthly, last Tuesday 10.00am-12noon
Guitar Lessons - Weekly 11am-12noon

Wednesdays

Meditation - Weekly 10.15am-11am
Yin Yoga - Weekly 10.15am-11am
CWA - Bi-Monthly, first Wednesday 11am-1pm
Book Chat Group - Monthly, first Wednesday 2pm-3pm
History Group - Weekly 2pm-4pm

Thursdays

Pilates - Weekly 8.30am-9.30am
Move & Groove Fitness - Weekly 9.30am-10.30am
Strength & Balance - Weekly 9.45am-10.45am
French Advanced - Weekly 6pm-7pm
French Beginners - Weekly 7.15pm-8.15pm

Fridays

Music, Movement & Mirth - Weekly 9.30am-10.30am
Fitness Friday - Weekly 9.30am-10.30am

**For more information and enrolments please
call 9730 2887 or email ygdllc@bigpond.com
www.yarraglen.com/livingandlearning**

