



WELLNESS WARRIORS PROGRAM: TERM 3, 2020

Thursdays 10.00am—12.00pm

DATE	DESCRIPTION	VENUE & ADDRESS	WHAT TO BRING
23.7.2020	Walking for Fun and Fitness: Walking in a group is one of the best ways to get outdoors, improve your fitness and make new friends. Join us for a guided walk along the Canning River and find out about the free City of Gosnells Walking Groups in your local area.	Women's Health & Wellbeing Services Group Room: Suite 7, Level 1 Gosnells Community Lotteries House, 2232c Albany Highway, Gosnells	Walking shoes, hat, water bottle
30.7.2020	Laughter Wellbeing: Laughter is the best medicine for our health and wellbeing. Our Wellness Warrior leader Janet will guide you through some group laughter exercises to stimulate some gentle aerobic activity and to have some fun as we get to know each other.	Women's Health & Wellbeing Services Group Room: Suite 7, Level 1 Gosnells Community Lotteries House, 2232c Albany Highway, Gosnells	Water bottle, comfortable clothes
6.8.2020	Gentle Hatha Yoga: Hatha Yoga classes use the breath to create a link between the body and the mind. This class will focus on mindfulness, slowing down the mind, and will incorporate active and passive stretches. Learn how this can benefit in self care so as to fill one's own cup in order to then be able to give to others.	Yoga Flourish: Unit 5/2 Warton Rd, Huntingdale (near cnr of Spencer Rd)	Exercise clothing, water bottle
13.8.2020	Line Dancing: Line-dance is a fun social style of dance which doesn't require a partner. Tina from Step2It will instruct the class giving us some low impact exercise to a wide range of music. *Note: 9.30am start*	Step2it: All Saints Church Hall, Corner Dorothy & Hicks St (entry from Hicks St, look for the BLUE building)	Water bottle, towel, exercise shoes
20.8.2020	Women's Self Defense: Join us for a practical workshop to learn how to think about creating your own personal safety plan and to feel empowered to respond to threatening real-life situations including muggings, assaults and home invasions.	Sozokan Academy: 3-4/1830 Albany Highway Maddington	Wattle bottle, comfortable clothes
27.8.2020	Parkour: The concept of Parkour is to overcome all physical and mental obstacles in your path by using your body and mind to run, climb, jump and vault. Are you up for the challenge?	The Simulation Centre: 6 Sphinx Way, Bibra Lake	Enclosed shoes, comfortable clothes and water bottle
3.9.2020	Bush Walk: Springtime is here, so let's explore our local bushland along the walk trails in Ellis Brook Valley. This region is renowned for over 500 species of flowering plants and many native birds and animals.	Ellis Brook Valley (Banyowla Regional Park): Meet at Honeyeater Hollow carpark on Rushton Road, Martin.	Camera, 2L water, strong walking shoes, packed lunch, raincoat
10.9.2020	Body Balance: Body Balance is a Yoga/Tai Chi/Pilates workout that builds flexibility and strength - leaves you feeling centred and calm. Controlled breathing, concentration and carefully structured stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.	Thornlie Leisure World: Culross Avenue, Thornlie	Towel, comfortable clothes, water bottle
17.9.2020	Tennis: Tennis anyone? Our coaches will lead us through a cardio and technical program to ensure we keep moving around the court to hit the ball while aiming to achieve some rallies over the net.	Thornlie Tennis Club: 25 Thornlie Avenue, Thornlie	Sports shoes, hat, water bottle
24.9.2020	Pole Dancing: Learn, laugh and get strong as our instructor guides us to create some dance moves around the pole.	Phoenix Personal Training Studio: 10 South West Highway, Armadale	Leggings or shorts, bare feet, water bottle,

General Information

- ♦ **Registration Fee:** \$100 per term (10 sessions) or \$15 casual (1 session) is payable online at www.whws.org.au or over the phone on 9490 2258. Advance bookings are essential due to limited numbers for each activity.
- ♦ **Children:** Please note creche facilities are not available for this program so if you have young children please make your own care arrangements.
- ♦ **Transport:** Please arrange your own transport and arrive promptly at 10am to hear the instructions for the activity.
- ♦ **Food:** For health and safety reasons all women are requested to bring their own water bottle, travel mug and morning snacks. Tea/coffee provided.
- ♦ **Safety:** You will be encouraged to participate at your own level so please take responsibility for your body and ask for support if needed.
- ♦ **Program Variations:** The program may be subject to change. WHWS will notify registered women of any changes by email. If you have any questions or cannot attend an activity please call 9490 2258 or email info@whws.org.au.

Wellness Warriors is a Women's Health and Wellbeing Services program which is sponsored by the City of Gosnells



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www.whws.org.au

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CITY of GOSNELLS