



WELLNESS WARRIORS PROGRAM: TERM 1, 2020

Thursdays 10.00am—12.00pm

DATE	DESCRIPTION	VENUE & ADDRESS	WHAT TO BRING
6/02/2020	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 fun getting to know each other.	Women's Health & Wellbeing Services Group Room - Suite 7, Level 1 Gosnells Community Lotteries House, 2232c Albany Highway, Gosnells	Comfortable clothes, a sense of humour and an open heart
13/02/2020	INDOOR BEACH VOLLEYBALL : Played indoors, out of the sun, rain and wind, indoor beach volleyball is the perfect low impact sport. Unlike other volleyball, indoor beach volleyball is played on a court completely enclosed by nets. The ball is in play at all times!	Canning Vale Indoor Beach Volleyball Centre 96 Catalano Cct, Canning Vale	Exercise clothes, water bottle, bare feet
20/02/2020	BASKETBALL: Join us for a skills session followed by a short 5-a-side game in the newly renovated Willetton Basketball Stadium where a ladies social competition has been running for 20 years.	Willetton Basketball Stadium - 58 Burrendah Boulevard, Willetton (opposite Southlands Shopping Centre)	Exercise clothes, sports shoes (preferably white soled) & water bottle
27/02/2020	CLUBBERCISE: Clubbercise is a fun, easy to follow dance-fitness class. With glow sticks in a darkened room, get your groove on to the best Club Anthems of all time! (Note: please be aware there will be flashing lights.)	Mills Park Centre, Lesser Hall, 86 Brixton St, Beckenham	Comfortable clothes, towel & water bottle
5/03/2020	SOUND RELAXATION: Surrender to the gentle vibrations and soothing sounds of therapeutic singing bowls and other instruments as you rekindle a deep sense of inner peace and balance.	Downstairs Meeting Room - Ground Floor, Gosnells Community Lotteries House, 2232c Albany Highway, Gosnells	Comfortable clothes & water bottle, bare feet
12/03/2020	BADMINTON: Badminton will be played at the Summer Olympics in Tokyo, Japan this year. Come along to try out this racquet sport and see how many times you can hit the shuttlecock over the net.	Willetton Basketball Stadium, 58 Burrendah Boulevard, Willetton (opposite Southlands Shopping Centre)	Exercise clothes, sports shoes (preferably white soled) & water bottle
19/03/2020	AQUA MOTION: Aqua Motion is a water aerobics class providing a variety of equipment and fun for all levels.	Thornlie Leisure World - Culross Avenue, Thornlie	Bathers, towel, swimming goggles
26/03/2020	AERIALS: Aerials can consist of a mixture of apparatus from Aerials silks, Trapeze, Lyra. The use of these apparatus use a mixture of strength, coordination, artistic ability and in practicing Aerials will over time increase all of the above making it a great all round fitness tool.	Ashton Academy - 19 Brookland Street, Beckenham	Exercise clothing (tight fitting, cotton, not shiny), bare feet
2/04/2020	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 WA 6110	Exercise clothing, water bottle, bare feet
9/04/2020	CANOEING/KAYAKING: Enjoy a paddle along the Canning River in either a canoe or kayak under the instruction of qualified guides from the Canning River Canoe Club. You must be able to swim 50m unassisted to enter the water. Alternatively come along and take a walk under the trees through the Canning River Regional Park.	Canning River Canoe Club - Kent Street Weir Park, Kent Street, Wilson	Clothes and enclosed shoes that can get wet. Hat, water bottle, sunscreen. Strap for glasses.

General Information

- ◆ The registration fee of \$100 per term is payable online at www.whws.org.au or over the phone on 9490 2258. Late registrations at a reduced rate may be accepted if places are still available.
- ◆ Please note creche facilities are not available for this program so if you have young children please make your own care arrangements.
- ◆ Please arrange your own transport and arrive on time as the activity will start promptly at 10am so we can enjoy some time to socialise afterwards.
- ◆ All women will be requested to contribute to the morning tea roster twice in the term by bringing along a plate of healthy food to share.
- ◆ You will be encouraged to participate at your own level so please take responsibility for your body and ask for support if needed.
- ◆ The program may be subject to change. WHWS will notify registered women of any changes by email. If you have any questions 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



08 9490 2258

www.whws.org.au

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CITY OF GOSNELLS