AIRPORT OVER 50 CLUB INC.
18 Coral Sea Road, Fulham SA 5024
Phone: 08 8353 5101
Website: www.airportover50club.org.au
Email: info@airportover50club.org.au
Office Open: Monday to Wednesday and Friday am only

DAILY ACTIVITIES SCHEDULE

Annual Membership Fee - $20.00 (Due June)

MONDAY	9.00am - 10.00am 10.15am - 11.15am	Aerobic Cardio Dance L& Tone - $7 Basic Keep Fit - $7
TUESDAY	9.30am - 10.30am 10.45am - 11.45am 12.00pm - 1.00pm 1.00pm - 3.30pm	Zumba - $7 Line Dancing (Beginner/Easy) - $7 Line Dancing (Improver) - $7 Mah-Jong - $4
WEDNESDAY	9.30am - 10.30am 11.30am - 3.00pm 12.00pm - 3.30pm 4.30pm - 5.30pm	Basic Keep Fit - $7 Billiards - $4 Cards - $4 Chair Yoga - $7
THURSDAY	1.00pm - 3.30pm	Mah-Jong - $4
FRIDAY	9.30am - 10.30am 11.30am - 3.30pm	Zumba Gold - $7 Billiards, Indoor Bowls and Table Tennis - $4
OTHER ACTIVITIES	• Photography group meets monthly on 2nd Monday. • Social lunches are held at the Club on nominated Saturdays during the year. • Social Lunches are held during the year at external venues. • Two bus trips during the year at various SA locations.	

FUN AND FITNESS FOR EVERYONE