

Active ...in the City!



OCTOBER

> Red E Personal Training Group Fitness Session

Saturday, October 8 from 8am to 9am
Bluewater Quay, River Street

> Thump Boxing for Fitness

Saturday, October 15 from 9am to 10am
Bluewater Quay, River Street

> Adult Learn to Swim class

Monday, October 17 from 12noon to 1pm and 1pm to 2pm
Memorial Swim Centre, Milton Street

> Time Out Tai Chi

October 17, 24 and 31 from 5.20pm to 6.20pm
Bluewater Quay, River Street

> Lazy Riders Club

Every Monday and Wednesday from 6am to 7am
City Fitness Health Club, 1B Victoria Street

> Lazy Runners Club

Every Saturday from 6.15am to 7am
Bluewater Lagoon, River Street

> Rock N Road Cycles Cycling Group

Every Saturday from 6.30am to 8am
Metro Market Cafe, River Street

NOVEMBER

> Red E Personal Training Group Fitness Session

Saturday, November 12 from 8am to 9am
Bluewater Quay, River Street

> Thump Boxing for Fitness

Saturday, November 19 from 9am to 10am
Bluewater Quay, River Street

> Time Out Tai Chi

Monday, November 7 from 5.20pm to 6.20pm
Bluewater Quay, River Street

> Lazy Riders Club

Every Monday and Wednesday from 6am to 7am
City Fitness Health Club, 1B Victoria Street

> Lazy Runners Club

Every Saturday from 6.15am to 7am
Bluewater Lagoon, River Street

> Rock N Road Cycles Cycling Group

Every Saturday from 6.30am to 8am
Metro Market Cafe, River Street

For further information visit www.mackaycitycentre.com.au

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DECEMBER

> Red E Personal Training Group Fitness Session

Saturday, December 10 from 8am to 9am

Bluewater Quay, River Street

> Lazy Riders Club

Every Monday and Wednesday from 6am to 7am

City Fitness Health Club, 1B Victoria Street

> Lazy Runners Club

Every Saturday from 6.15am to 7am

Bluewater Lagoon, River Street

> Rock N Road Cycles Cycling Group

Every Saturday from 6.30am to 8am

Metro Market Cafe, River Street

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