



## TERM 3 PROGRAMS

from Monday 20<sup>th</sup> July

### Women's Exercise via Zoom

Mondays and Thursdays 9:45 – 10:30

\$60 (1 session per week) or \$110 (2 sessions per week) for 9 week term

\$7.50 (1 session per week) or \$15 (2 sessions per week) casual

*Join personal trainer Jen for gentle but effective exercise for women of all ages and fitness levels. Participants work at their own pace and comfort level using their body weight and available equipment. Dumbbells available for loan from Railway House.*

Email Jen at [mounirjo@hotmail.com](mailto:mounirjo@hotmail.com) to book



### Community Singing Group via Zoom

Wednesdays at 10:00

\$90 for 10 week term

*This a friendly, relaxed group of men and women led by the fabulous Flip. If you enjoy singing but have never got around to joining a choir, try out a virtual one because no one else can hear you!*

Email Alison at [manager@railwayneighbourhoodhouse.org.au](mailto:manager@railwayneighbourhoodhouse.org.au) to book

### Tai Chi via Zoom

Thursdays at 11:00 AM

\$60 for 9 week term / \$9 per session casual



*Tai Chi is easy to learn and has myriad health benefits for the mind and body. It is also the perfect discipline to practise at home. You'll soon be feeling the benefits!*

Email Jen at [mounirjo@hotmail.com](mailto:mounirjo@hotmail.com) to book

### Writing with Barry Dickins

\$200 for 10 weeks / \$20 per week casual

*Join Barry Dickins – Australian playwright, author, artist, actor and educator – for weekly writing inspiration and support. Whether you're writing your memoirs, crafting some poetry or dreaming up some creative prose, Barry is on hand to offer you as much email and phone tuition, feedback and advice as you need.*

Email the office at [admin@railwayneighbourhoodhouse.org.au](mailto:admin@railwayneighbourhoodhouse.org.au) if you are interested



### Kids' Karate via Zoom (returning students only)

Mondays at 4:30 PM – 5:15 PM & 5:30 PM – 6:15 PM

\$63 for 9 weeks

Email Alison at [manager@railwayneighbourhoodhouse.org.au](mailto:manager@railwayneighbourhoodhouse.org.au) to book



### Strength Training with Shede

Exercise is pairs is permitted under the current restrictions. If you are interested in having a personal training session with Shede and one other person, please contact Alison at [manager@railwayneighbourhoodhouse.org.au](mailto:manager@railwayneighbourhoodhouse.org.au) for more details.

### Inclusive Yoga on Zoom

Mondays, Wednesdays and Fridays at 11:30

\$125 for 10 sessions concession / \$140 full

(\*Note introductory offer - 2 classes for \$15 if you just want to try)

*The lovely Simone Litchfield teaches our Inclusive Yoga classes in normal times and has just opened a beautiful new studio in Coburg from where she is teaching via Zoom.*

*For more information or to join her classes, please visit*

<https://www.ergoyogospace.com.au/classes> or contact Simone direct at [simone@ergoyogospace.com.au](mailto:simone@ergoyogospace.com.au) with any inquiries

### PAYMENT

With the exception of Writing and Inclusive Yoga, please make payment for all classes to Railway House via bank transfer:

BSB: 313 140

Account: 1205 4263

Name: Railway House

*\*Please include your name and the class you are paying for as a reference.*



Our **Art**, **Knitting** and the **Bicycle** groups are continuing to stay in touch via WhatsApp. If you usually attend one of these programs and would like to be linked in, please call or email the office.



We can help you with downloading and setting up Zoom. Once you have it installed, it is very easy to use.