

## SESSION DATES 2017

Session 1, 2017 (10 weeks) January 30 to April 8

Session 2, 2017 (10 weeks) April 24 to July 1

Session 3, 2017 (10 weeks) July 17 to September 23

Session 4, 2017 (10 weeks) October 9 to December 16

## CLASS NOTES

- ❖ Please arrive at your first class at least 15 minutes early to allow for necessary paper work.
- ❖ Check with your doctor before beginning any new aerobic activity.
- ❖ Advise your instructor of any current medication or physical problems.
- ❖ Use of hand held and ankle weights in the Vertifirm™ segment is optional.
- ❖ Wear comfortable, cool clothing such as leotards, tights, shorts, tracksuit pants, tee-shirt etc.
- ❖ Appropriate footwear is very important. Shoes designed for indoor aerobics, tennis, netball or squash are best because they are designed for foot movement in all directions. Joggers or other athletic shoes are OK for beginners.
- ❖ Bring a thick towel or a floor mat for the floorwork segment.
- ❖ Bring water or a container for water to drink during class.
- ❖ If you need to do a make-up class at a different venue, consider calling that instructor to ensure the class is running as scheduled, particularly on public holidays. Some instructors conduct classes on these days and others do not.
- ❖ A number of our venues are used as polling stations during federal, state and local council elections. Before voting days, check with your instructor in case there are any class changes.



*Don't wait for someone  
to take you dancing.  
Take yourself to Jacki's!*



HEAD OFFICE: P.O. BOX 355, FIVE DOCK NSW 2046  
PHONE: 0405 524 999 (7 days)  
E: [aerobicdancing@optusnet.com.au](mailto:aerobicdancing@optusnet.com.au)  
W: [www.aerobicdancing.com.au](http://www.aerobicdancing.com.au)

## SCHEDULE OF CLASSES SESSION 3, 2017

### July 17 to September 23

*AEROBIC DANCING was created by Jacki Sorensen in America in 1969 and has been in Australia since 1981. Based on dance instead of repetitive exercise, it's never boring, always fun, and you'll be motivated to keep coming. Whether you're new to exercise or already fit, good at dancing or a two-left-footer, a teenager or a grandparent, you'll trim, tone and burn fat while strengthening your heart, lungs and core and working every muscle in your body – safely.*

*We present four sessions per year, most running 10 weeks to coincide with school terms. The music and choreography change every term. Students may attend any Jacki's class, mixing instructors and venues to suit their own schedule.*

**PLEASE NOTE** that sometimes changes occur after the printing of the schedule, so check with Head Office or the website before attending your first class.

### REGISTRATION FEES FOR THE 10-WEEK SESSION

		Concession Rate (Pensioner/Student)
(10 classes)	1 x p.w. = \$180.00	1 x p.w. = \$140.00
(20 classes)	2 x p.w. = \$240.00	2 x p.w. = \$190.00
(30 classes)	3 x p.w. = \$285.00	3 x p.w. = \$225.00
(40 classes)	4 x p.w. = \$300.00	4 x p.w. = \$240.00
	Single class \$20.00	

**INTRODUCTORY OFFER**  
(New students only)  
**4 CLASSES FOR \$60.00**

## INNER WEST

### Henry Lawson Community Hall

Abbotsford Public School  
350 Great North Road (opposite Glen Ormond Avenue)  
**ABBOTSFORD 2046**

*Parking available on the school grounds.*

Monday	6.00 pm	Diana	Ph: 0405 524 999
Thursday	6.00 pm	"	"
Saturday*	9.00 am	"	"

\*Term starts early on July 15. No class September 9.

### Presbyterian Church Hall

7 Campbell Street  
**BALMAIN 2041**

Saturday	9.00 am	Moni	Ph: 0403 125 712
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### St Alban's Church Hall

The Ridley Centre, 175 Great North Road  
**FIVE DOCK 2046**

Tuesday	6.00 pm	Diana	Ph: 0405 524 999
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### Leichhardt Public School

Cnr Marion and Norton Streets  
**LEICHHARDT 2040**

*Parking area in McDonald Street off Balmain Road, or pedestrian access via Marion Street gate.*

Monday	6.30 pm	Moni	Ph: 0403 125 712
Tuesday	6.30 pm	"	"
Thursday	6.30 pm	"	"

## INNER NORTH-WEST

### Ryde Public School Hall

59 Argyle Avenue (near Blaxland Road)  
**RYDE 2112**

*Parking available at the hall.*

Saturday	8.30 am	Sandra	Ph: 0412 701 201
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Note: No class September 9.

## HILLS DISTRICT

### Baulkham Hills North Public School Hall

2A Giralong Avenue (near Henry Street)  
**BAULKHAM HILLS 2153**

*Limited parking available on school grounds; plenty on streets.*

Tuesday	6.45 pm	Janet	Ph: 9674 2212
Thursday*	6.45 pm	"	"

\*No class September 7. Alternative class on Friday September 8.

## NORTH SHORE

### St Ives Community Centre

Village Green Parade  
**ST IVES 2075**

*Use shopping centre car parks off Village Green Parade, observing various time limits.*

Monday	9.30 am	Janet	Ph: 9674 2212
Wednesday	9.30 am	"	"
Friday	9.30 am	"	"

## LOWER NORTH SHORE

### Castle Cove Public School (Main Hall, at rear)

Kendall Road (south of Holly Street)  
**CASTLE COVE 2069**

*Park in, and walk in from, either street.*

Tuesday	6.30 pm	Stephanie	Ph: 0413 050 979
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### St Luke's Anglican Church Hall

Heydon Street (off Ourimbah Road)  
**MOSMAN 2088**

Wednesday	6.30 pm	Stephanie	Ph: 0413 050 979
Saturday	8.15 am	"	"

### St Thomas Catholic Church Hall

Cnr High Street and Horsley Avenue  
**NORTH WILLOUGHBY 2068**

Thursday	6.30 pm	Stephanie	Ph: 0413 050 979
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### St Stephen's Anglican Church Hall

211 Mowbray Road (Cnr Sydney Street)  
**WILLOUGHBY 2068**

*Parking available on church grounds from either street. Mowbray Road entrance is only for eastbound traffic.*

Monday	10.00 am	Moni	Ph: 0403 125 712
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**This timetable was accurate at the time of printing. Please check "Timetable Changes" at bottom of our website's Home Page for any last-minute changes.**