

JAN WILSON CENTRE PROGRAMS 2023

Centre Office Hours: Monday to Friday 8.30AM to 2PM

Program Enquiries: 8571 1436

Email: Janwilsoncc@cgd.vic.gov.au

We are closed on all Public Holidays

ACTIVITIES FOR ADULTS - FITNESS AND WELLBEING

Suitable for most fitness levels

All classes recommence week starting 16 January except Yoga and Meditation which resumes on 3 February

Name of Class	Day	Times	Cost per session
Simply Fitness	Monday	8.30am to 9.30am	\$5 per person
Zumba	Monday	6pm to 7pm	\$6 per person
Adult Exercise	Tuesday	9.30am to 10.30am	\$5 per person
Strength Training	Wednesday	8.30am to 9.30am	\$5 per person
Zumba Gold	Wednesday	10am to 11am	\$5 per person
Zumba	Wednesday	5.30pm to 6.30pm	\$6 per person
Adult Exercise	Thursday	9.30am to 10.30am	\$5 per person
Strength Training	Friday	8.30am to 9.30am	\$5 per person
Zumba Gold	Friday	10am to 11am	\$5 per person
Yoga and Meditation	Friday	11am to 12noon	\$5 per person

ACTIVITIES FOR CHILDREN - PLAYGROUPS (SCHOOL TERMS ONLY)

Recommences 6 February

Days	Times	Cost per session
Monday and Thursday	10am to 12noon	\$5 per family

VENUE HIRE

Jan Wilson Centre offers multifunction meeting spaces and function rooms for the community to hire.

Enquiries: Tel: 8571 1436 (Monday to Friday 8.30AM to 5PM)

Email: bookings@cgd.vic.gov.au

Jan Wilson Community Centre

Halton Road, Noble Park North • Phone: 8571 1436

Website: <https://www.greaterdandenong.vic.gov.au/council-venues-hire/jan-wilson-community-centre>