

# YGDLLC 2025 Program Guide

*Keeping our community healthy and connected*

**Term 1 - 28 January to 4 April**

**Term 2 - 22 April to 4 July**

## ***Mondays***

Community Garden Group - Monthly, first Monday 9.30am  
OM:NI - Monthly, third Monday 9.30am-12noon

## ***Tuesdays***

Pilates - Weekly 8.30am-9.30am  
Qigong - Weekly 10am-11am  
Vinyasa Yoga - Weekly 11.15am-12.15pm  
Sticks & Hooks Group - Monthly, last Tuesday 10am-12noon  
Guitar Circle Jam - Weekly 11am-12noon

## ***Wednesdays***

Strength & Balance - Weekly 9am-10am  
Meditation - Weekly 10.15am-11am  
CWA - Bi-Monthly, first Wednesday 11am-1pm  
Book Chat Group - Monthly, first Wednesday 2pm-3pm

## ***Thursdays***

Pilates - Weekly 8.30am-9.30am  
Strength & Balance - Weekly 9.45am-10.45am  
French for Everyone! - Weekly 6.30pm-7.30pm  
*French Advanced on hold*

## ***Fridays***

Community Walking Group - Weekly 8.15am - 9.30am  
Fitness Friday - Weekly 9.30am-10.30am  
Music, Movement & Mirth - Weekly 9.30am-10.30am

**For more information and enrolments please  
call 9730 2887 or email [ygdllc@bigpond.com](mailto:ygdllc@bigpond.com)  
[www.yarraglen.com/livingandlearning](http://www.yarraglen.com/livingandlearning)**

