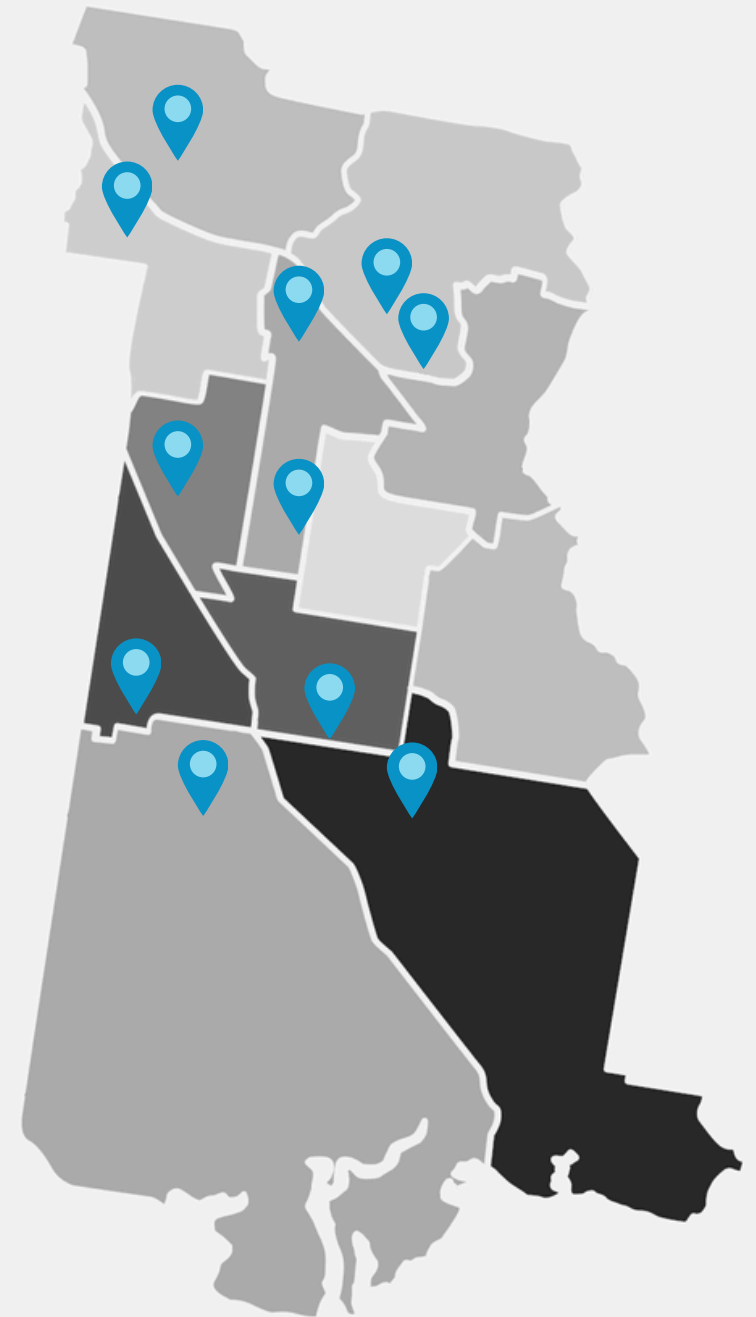




Get outside and get active
this November by joining
one of our free physical
activities or programs



NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30						1 10:30am Casual Pickleball (\$)
2 5:30pm Casual Pickleball 5:30pm Ultimate Frisbee 8:00pm Body Balance	3 	4 9:30am Body Pump 10:00am Casual Pickleball 3:30pm Girls (12-18) Self Defence 4:30pm Chair Yoga 5:00pm Walking Football @ Olive Road 6:30pm RPM Indoor Cycling	5 5:00pm Women's Volleyball	6 10:00am Photography and Walking Group 10:00am Casual Pickleball (\$)	7 8:00am Parkrun 9:00am Women's Yoga in the Park	8 10:30am Casual Pickleball (\$)
9 5:30pm Casual Pickleball 5:30pm Ultimate Frisbee 8:00pm Body Balance	10 10:00am Walking Football @ Casey Stadium 5:00pm Youth Skate Program 5:45pm Zumba in the Park 6:00pm Men of Casey	11 9:30am Body Pump 10:00am Casual Pickleball 3:30pm Girls (12-18) Self Defence 4:30pm Chair Yoga 5:00pm Walking Football @ Olive Road 6:30pm RPM Indoor Cycling	12 10:00am Tai Chi in the Gardens 1:30pm Zumba Gold 5:00pm Women's Volleyball	13 10:00am Photography and Walking Group 10:00am Casual Pickleball (\$)	14 8:00am Parkrun 9:00am Women's Yoga in the Park	15 10:30am Casual Pickleball (\$)
16 5:30pm Casual Pickleball 5:30pm Ultimate Frisbee 8:00pm Body Balance	17 10:00am Walking Football @ Casey Stadium 10:00am Line Dancing @ Bunjil Place 5:00pm Youth Skate Program 5:45pm Zumba in the Park 6:00pm Men of Casey	18 9:30am Body Pump 10:00am Casual Pickleball 3:30pm Girls (12-18) Self Defence 4:30pm Chair Yoga 5:00pm Walking Football @ Olive Road 6:30pm RPM Indoor Cycling	19 5:00pm Women's Volleyball	20 10:00am Photography and Walking Group 10:00am Casual Pickleball (\$)	21 8:00am Parkrun 9:00am Women's Yoga in the Park	22 10:30am Casual Pickleball (\$)
23 5:30pm Casual Pickleball 5:30pm Ultimate Frisbee 8:00pm Body Balance	24 10:00am Walking Football @ Casey Stadium 5:00pm Youth Skate Program 5:45pm Zumba in the Park 6:00pm Men of Casey	25 9:30am Body Pump 10:00am Casual Pickleball 3:30pm Girls (12-18) Self Defence 4:30pm Chair Yoga 5:00pm Walking Football @ Olive Road 6:30pm RPM Indoor Cycling	26 10:00am Tai Chi in the Gardens 5:00pm Women's Volleyball	27 10:00am Photography and Walking Group 10:00am Casual Pickleball (\$)	28 8:00am Parkrun 9:00am Women's Yoga in the Park	29 10:30am Casual Pickleball (\$)

For more information and to register:

Program	Location	Suburb
<u>Body Balance*</u>	Casey RACE	Cranbourne East
<u>Body Pump*</u>	Endeavour Hills Leisure Centre	Endeavour Hills
<u>Casual Pickleball</u>	Olive Road Sporting Complex	Eumemmerring
<u>Casual Pickleball (\$)</u>	Olive Road Sporting Complex	Eumemmerring
<u>Chair Yoga</u>	Rossmoyne Community Centre	Berwick
<u>Girls (12-18) Self Defence</u>	Cranbourne West Community Hub	Cranbourne West
<u>Line Dancing</u>	Bunjil Place Plaza	Narre Warren
<u>Men of Casey</u>	Casey Stadium	Cranbourne East
<u>Parkrun</u>	Various locations	Various locations
<u>Photography and Walking Group</u>	Lynbrook Community Centre	Lynbrook
<u>RPM Indoor Cycling*</u>	Casey ARC	Narre Warren
<u>Tai Chi at the Gardens</u>	Cranbourne Gardens	Cranbourne
<u>Walking Football</u>	Casey Stadium	Cranbourne East
<u>Walking Football</u>	Olive Road Sporting Complex	Eumemmerring
<u>Women's Volleyball</u>	Olive Road Sporting Complex	Eumemmerring
<u>Women's Yoga in the Park</u>	Casey Central Park	Narre Warren South
<u>Youth Skate Program</u>	The Shed	Cranbourne East
<u>Zumba in the Park</u>	Wilson Botanic Park	Berwick
<u>Zumba Gold</u>	Clyde Township Library	Clyde

**These classes can be booked 7 days in advance*