

GURRI NEWSLETTER

HEALTH CLUB

LES MILLS LAUNCH

Join us from 8:30am on Sunday 11 October for our latest Les Mills Launch, featuring the newest releases from some of your favourite programs.

Enjoy segments of BODYPUMP™, BODYBALANCE™, SPRINT™ and RPM™, before finishing the morning with a rejuvenating 40-minute BODYBALANCE™ class.

Whether you're a seasoned participant or trying Les Mills for the first time, this is a fantastic opportunity to experience the energy and excitement of our Group Fitness community.

Bookings are essential and can be made via Active World today.



4TH - 11TH OCTOBER
**SENIORS WEEK
ACTIVE ADULTS**



FREE CLASSES FOR SENIORS WEEK!

Thinking about becoming more active, improving your strength and balance, or simply trying something new?

Join us for Free Classes for Seniors Week at Gurri Wanyarra and experience our welcoming, supportive seniors programs at no cost.

Whether you're already active or just getting started, we'd love to see you there. Better yet, bring a friend along!

Free Session Times

- Wednesday 7 October: 8:30am, 9:30am & 11:30am
- Thursday 8 October: 8:30am
- Friday 9 October: 8:30am

We look forward to welcoming you!

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OCTOBER

2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Reverse Controls, Side Lying, Back Row, Midback	2 Shortbox (footstrap), Prone, Quadruped, Pelvic Curl	3 Supine Abs, Jumpboard, Side Arm
4 Feet in Straps, Reverse Controls, Side Lying, Front Row	5 Supine Abs, Standing, Back Row, Quadruped	6 Shortbox (footstrap), Jumpboard, Front Row	7 Reverse Controls, Side Arm, Midback, Pelvic Curl	8 Supine Abs, Feet on Pole, Prone, Front Row	9 Reverse Controls, Side Lying, Midback, Feet in Straps	10 Shortbox (footstrap), Back Row, Footwork, Standing
11 Supine Abs, Quadruped, Side Arm, Pelvic Curl	12 Midback, Prone, Feet in Straps, Front Row	13 Reverse Controls, Feet on Pole, Standing, Back Row	14 Supine Abs, Feet in Straps, Front Row, Prone	15 Shortbox (footstrap), Standing, Quadruped, Pelvic Curl	16 Midback, Supine Abs, Feet on Pole, Back Row	17 Reverse Controls, Front Row, Quadruped, Side Lying
18 Shortbox (footstrap), Standing, Back Row, Prone	19 Reverse Controls, Footwork, Side Arm, Pelvic Curl	20 Supine Abs, Side Lying, Feet in Straps, Front Row	21 Midback, Prone, Side Arm, Feet on Pole	22 Reverse Controls, Feet in Straps, Back Row, Footwork	23 Supine Abs, Standing, Jumpboard	24 Pelvic Curl, Midback, Feet in Straps, Back Row
25 Reverse Controls, Footwork, Front Row, Quadruped	26 Jumpboard, Supine Abs	27 Reverse Controls, Prone, Standing, Pelvic Curl	28 Shortbox (footstrap), Footwork, Back Row, Side Lying	29 Supine Abs, Front Row, Side Arm, Standing	30 Reverse Controls, Back Row, Pelvic Row, Footwork	31 Supine Abs, Jumpboard, Quadruped

REFORMER SERIES - OCTOBER

The October reformer series is here! Each day is designed to keep your workouts fresh, varied and effective with a different combination of exercises featured every day throughout the month. Whether you're a regular participant or looking to enhance your technique, there's something new to discover in every session. Check out the full timetable and secure your spot via Active World today!

TAKE CONTROL OF OSTEOARTHRITIS WITH GLA:D®

If hip or knee osteoarthritis is impacting your daily life, the GLA:D® program can help. Combining expert education, targeted exercise and clinical support, this evidence-based program is designed to reduce pain, improve mobility and build confidence in movement.

Learn practical strategies to better manage your symptoms, stay active and improve your quality of life, all within a supportive group environment.

Contact our team today to find out more or register your interest.



GURRI WANYARRA CORNHOLE TOURNAMENT

Date: Saturday 7th November
Time: 10:00am - 12:00pm
Entry Fee: Free



UPCOMING CORNHOLE TOURNAMENT

After the success of our recent event, we're excited to make Cornhole Tournaments a regular feature at Gurri Wanyarra.

Open to all ages and abilities, each event will include friendly competition, catering, prizes and plenty of fun.

No need to register, just show up on the day to get involved!

HAVE YOUR SAY ON THE FUTURE OF THE ACTIVE SOCIAL HUB

Active Social Hub (ASH) Activation Survey



The Active Social Hub has officially launched, and we're excited to explore how this welcoming community space can support even more members of the Gurri Wanyarra community.

Through conversations with local organisations, we've identified several community priorities and opportunities for future programs and activities.

However, the most important voice is yours.

We'd love to hear your ideas on how the Active Social Hub could be used, who it could support, and what activities or events you'd like to see offered in the future.

Please take a few minutes to complete our survey and share your feedback. The survey will remain open until Sunday 11 October.

NEW PRE & POST NATAL REFORMER PILATES AT GURRI WANYARRA

We're excited to introduce our new Pre & Post Natal Reformer Pilates class, running Mondays at 11:30am at Gurri Wanyarra.

Designed for those during pregnancy and the postnatal period, this low-impact class focuses on core and pelvic floor awareness, strength, posture, flexibility, breathing, and overall wellbeing.

The class is suitable for:

- Individuals with medical clearance to exercise during pregnancy
- Postnatal participants 6+ weeks postpartum with medical clearance to return to exercise

Babies are welcome to attend, provided they remain under the supervision of their parent or caregiver at all times.

For more information or to book, please contact the reception team.



Events Calendar

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				01 Gurri Closed For The Day	02	03
04	05	06	07	08	09	10 New LTS Classes Start
11 Les Mills Launch, 8:30am - 10am	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27 Afternoon Tea, 4pm-5pm	28	29	30	31

LEARN TO SWIM



NEW TEEN GOSWIM CLASSES ON A SATURDAY!

Whether your teen is just starting out in the water, building confidence, or ready to push their skills further, we've got a program for them:

- TeenStart – Learn the swimming and water safety basics in a fun, supportive setting.
- TeenSkill – Refine swimming technique, build stamina, and gain real-world water safety skills.
- TeenActive – Boost endurance, master strokes, and develop lifesaving rescue techniques.

Commencing October 10th

NEW ADULT GOSWIM CLASSES ON A SATURDAY!

It's never too late to learn how to swim!

Whether you've never swum before or just want to feel more confident in the water, our Adult Learn to Swim program is here for you.

- Supportive and expert teachers
- Welcoming classes
- Skills for safety and confidence



JOIN US FOR OUR NEXT COMMUNITY AFTERNOON TEA!



You're invited to our next Afternoon Tea on Tuesday, 27 October at 4:00pm in the Active Social Hub.

This is a wonderful opportunity to connect with others in the Gurri Wanyarra community, catch up with familiar faces, and meet some new friends along the way. Enjoy a relaxed afternoon filled with great c

When: Tuesday, 27 October, 4:00pm

Where: Active Social Hub

Cost: Free

Who: Everyone is welcome

We look forward to sharing an enjoyable afternoon with you!