

**FREE
ACTIVITIES**

Active Parks 2016



WANT TO start
getting active?

HAS YOUR DOCTOR TOLD
YOU TO do more
physical activity?

FREE physical activities in Launceston's beautiful community parks
8 WEEK PROGRAM: 3RD OCTOBER – 24TH NOVEMBER



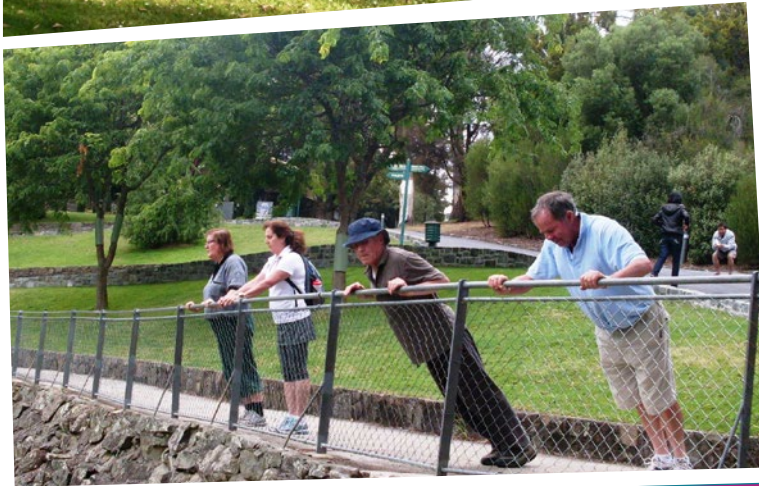
Active Parks is designed for people who would like to start getting active in a fun group environment

- 🎯 Caters for all fitness levels – especially those who haven't exercised in a while
- 🎯 Beginners encouraged
- 🎯 No commitment required – join us when you can!

For enquiries please contact
Active Launceston on 6324 4027

Move More, Live More!

Active Launceston relies on grants, sponsorships and donations to operate. The Active Launceston Appeal gives you the opportunity to say thank you and contribute to programs and events into the future. To make a donation please visit the UTAS Foundation website www.utas.edu.au/foundation/donate and follow the links to the Active Launceston Appeal.



- Ⓜ Please arrive 10 minutes early to each session
- Ⓜ Bring a friend, a group or the whole workplace
- Ⓜ This is a FREE program
- Ⓜ Wear loose comfortable clothing, appropriate footwear and bring a drink bottle
- Ⓜ Please bring a yoga mat or a towel to each session
- Ⓜ Please note in 2016 sessions will be held on ALL public holidays – with the exception of Royal Launceston Show on 6th October
- Ⓜ The involvement of children in Active Parks is at parent's discretion. We recommend 12 years as a minimum. Please consider your child's ability to engage socially and physically with the group
- Ⓜ For more information please call 6324 4027 or visit the website www.activelaunceston.com.au

When	Where	Session	Description
Monday 6pm	City Park	Stretch & Strengthen	A mix of Pilates and Yoga movements designed to stretch and strengthen major muscle groups and improve balance, flexibility and core strength.
Tuesday 12pm	City Park	Tai Chi	Gentle flowing movements which help to improve balance and strengthen body and mind.
Wednesday 6pm	'Peace Garden' Northern Suburbs Community Centre Archer St Rocherlea	Stretch & Strengthen	A mix of Pilates and Yoga movements designed to stretch and strengthen major muscle groups and improve balance, flexibility and core strength.
Thursday 11am	Roundhouse Carpark (off Forster St between Invermay Park and Esk Market) Inveresk	Gentle Exercise	Low impact activities designed for those who are currently doing little or no physical activity.

Please note; due to Royal Launceston Show, the first Gentle Exercise will NOT be held on Thursday 6th October.

ph: 6324 4027

Move More, Live More with Active Launceston