



Active Blokes 2017

**FREE
ACTIVITIES**

Get active
Have fun
Sign up now

Want to be able to keep up
with your kids this autumn
or just feel healthier?

Come and exercise with
other blokes in a safe
environment to try new
activities every week
for four weeks with the
guidance of qualified
instructors.



For more information call us on 0438 386 025
or visit www.activelaunceston.com.au

Project management by



WHO:

- 📱 Men
- 📱 All fitness levels
- 📱 Beginners encouraged
- 📱 No commitment required
- 📱 Bring a mate

WHAT YOU NEED:

- 📱 A towel
- 📱 A drink
- 📱 Wear comfortable clothing and appropriate footwear
- 📱 Arrive 10 mins early

HOW TO REGISTER:

Sign up now for Active Launceston with the I'm In by Healthy Tasmania phone app available on iOS and Android. Fill in your details then register at each session by scanning your phone (QR Code) with the session coordinators phone. If this doesn't work for you, just bring your phone to the session and we'll sort it, or you can use our phone to register. Step by step process available at www.activelaunceston.com.au

Dates	When	Time	What	Location
20 March	Monday	9.30 - 10.30am (60 min)	Boxing	Rocherlea Football Club Gym, Ground level, Archer St Rocherlea
22 March	Wednesday	6.00 - 7.00pm (60 min)	Boxing	Ravenswood Community Hall - 341 Vermont Road
27 March	Monday	9.30 - 10.30am (60 min)	Exercise Physiology Gym session	Meet at Exercise Physiology Clinic, Building E, level 0, Room E013, University of Tasmania, Newnham
29 March	Wednesday	6.00 - 7.00pm (60 min)	Exercise Physiology Gym session	Meet at Exercise Physiology Clinic, Building E, level 0, Room E013, University of Tasmania, Newnham
3 April	Monday	9.30 - 10.30am (60 min)	Kettlebell	Rocherlea Football Club Gym, Ground level, Archer St Rocherlea
5 April	Wednesday	6.00 - 7.00pm (60 min)	Kettlebell	Ravenswood Community Hall - 341 Vermont Road
10 April	Monday	9.30 - 10.30am (60 min)	Men's Pole Power	Pole Revolution, 39 Brisbane St, Launceston
12 April	Wednesday	6.00 - 7.00pm (60 min)	Men's Pole Power	Pole Revolution, 39 Brisbane St, Launceston

