



LAUNCESTON

Free Sessions 2022/2023 Schedule



Move More, Live More!

Active Launceston is a community driven partnership with the vision of improving the health and wellbeing of the Launceston community through physical activity.



ACTIVE LAUNCESTON IS MANAGED BY HEALTHY TASMANIA® PTY LTD AND FUNDED BY THE CITY OF LAUNCESTON

www.activelaunceston.com.au

@activelaunceston

FREE SESSIONS			
WHAT	TIME	WHEN	WHERE
<p>Active Armchairs</p> <p>Low impact activities designed for those who are currently doing little or no physical activity. Active Armchairs is based around exercises that are so easy they can be done in your armchair at home.</p>	Tuesdays 11.00am – 11.45am	18 October – 6 December	Starting Point Neighbourhood House, 6 Prossers Forest Road, Ravenswood
<p>Active Parks: Yoga</p> <p>Mindful movement designed to improve strength, flexibility, posture & balance.</p>	Wednesdays 6:00pm – 7:00pm	19 October – 7 December 8 February – 29 March	City Park (between duck pond and rotunda)
<p>Active Parks: Tai Chi</p> <p>Gentle flowing movements which help to improve balance and strengthen body and mind.</p>	Sundays 1.30pm – 2.15pm	23 October – 11 December 12 February – 2 April	City Park (between duck pond and rotunda)
<p>Gentle Exercise</p> <p>A gentle exercise circuit type session which may use the basic exercise equipment at The Shed. This program is designed for those who are currently doing little or no physical activity.</p>	Thursdays 11.00am – 11.45am	2 February – 23 March	The Shed, 12 King Billy Crescent, Rocherlea

Active Launceston's mission is to mobilise the community to increase their participation in physical activity by; filling gaps in provision, creating pathways, reducing barriers and targeting those with the highest need.

For more information on any of the initiatives listed in our program please visit www.activelaunceston.com.au

Coronavirus information

To ensure the safety of yourself and others please visit www.coronavirus.tas.gov.au for up-to-date guidelines and recommendations.



Four simple ways you can sign up for Active Launceston

1 First Timer?

Download the 'I'm In' App by **Healthy Tasmania®** (available on iOS or Android) and register. Choose your session(s) in the App then simply bring your phone along to each session. We'll show you the rest! Or..

2

Register on-line at <https://iminconnect.com/registration>

3

Complete a paper based form at the session.

4

Returning to Active Launceston?

Log into 'I'm In' to choose your session(s) then bring your phone along to each one.

scan me



General Information: Wear comfortable clothing – Arrive 15 minutes early – Bring a drink bottle

Contact Information: 0438 386 025 – Hayden Fox