

FREE SESSIONS 2023/2024 Schedule











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





2023/2024 Schedule

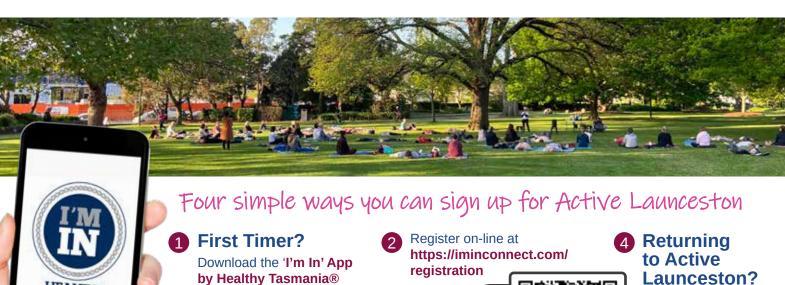
FREE SESSIONS				
7	WHAT	TIME	WHEN	WHERE
	Active Armchairs Low impact activities designed for those who are currently doing little or no physical activity. Active Armchairs is based around exercises that are so easy they can be done in your armchair at home.	11.15am – 12.00pm	wednesdays 25 October – 13 December	Northern Suburbs Community Centre, 49 George Town Road, Newnham
		11.00am – 11.45am	THURSDAYS 8 February – 28 March	Starting Point Neighbourhood House, 6 Prossers Forest Road, Ravenswood
	Active Parks: Yoga Mindful movement designed to improve strength, flexibility, posture & balance. Please bring your own mat or towel.	6:00pm – 7.00pm	TUESDAYS 17 October – 12 December	City Park (between duck pond and rotunda)
			TUESDAYS 6 February – 26 March	
The second second	Active Parks: Tai Chi Gentle flowing movements which help to improve balance and strengthen body and mind.	1.30pm – 2.15pm	SUNDAYS 15 October – 10 December * no session 5 November	City Park (between duck pond and rotunda)
			sundays 11 February – 24 March	

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

HEALTHY

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



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...

Complete a paper based form at the session.

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