



EFM's Mark Connelley, Active Launceston's Lucy Byrne, Curves' Eve Bolzonello, Health and Fitness World's Erin Lydon, Unigym's Julia Johnston, PCYC's Mason Keane and Greg Searle, (front) KFM Fitness's Callan Richardson and Fit 'n' Kicking's Megs Richardson.

Picture: SCOTT GELSTON

## Jump at the chance to get active in a Launceston gym

By ROSITA GALLASCH

IF YOU'VE ever wanted to join a gym but felt slightly intimidated to make that first move, now is your chance to get in there.

As part of the Active Launceston program, eight gyms will open their doors over eight weeks to give adults the opportunity to see what they offer.

The gyms taking part are Health and Fitness World, PCYC, EFM,

Fit 'n' Kicking, Curves, KFM, PYCSAM and the Unigym.

The one-hour group sessions for participants will run on Wednesday and Saturday from September 18 to November 9.

Active Launceston senior project manager for regional development Lucy Byrne said the program wanted to support the fitness industry as well as help the community become more active.

She said each gym offered a different style of service to suit individual needs, so the aim was for participants to try a couple and find the gym that suited them most.

"It doesn't matter what level of ability participants have, as each gym is able to provide or adapt activities to suit individual needs," Ms Byrne said.

She said that spaces were filling

up, and to ensure the gyms had enough instructors to run the group sessions, people should sign up soon.

Ms Byrne said that as another incentive to get active, each of the gyms was offering two free passes for those who wanted to go back after the trial.

More information: 6324 4047 or [www.activelaunceston.com.au](http://www.activelaunceston.com.au)