



Active Gyms 2014

ACTIVE Gyms is designed to introduce adults to the numerous physical activity opportunities available at various gym/fitness organisations within the Launceston community. The ACTIVE Gym program enables participants who do not regularly attend a fitness centre; a taste of what is available, the opportunity to try new activities, meet new people and improve their overall health and wellbeing.

2ND JULY TO 23RD AUGUST 2014

Over 8 weeks try 8 gyms
11.00am Wednesdays & Saturdays

ACTIVE Gym allows participants to determine what best suits their needs in a non-intimidating group environment.

Gym/Fitness Provider	Address	Session 1 – Wednesdays	Session 2 – Saturdays
Health & Fitness	69 Williams Street, Launceston	11.00am, 2nd July	11.00am, 5th July
Yoga on York	55 York Street, Launceston	11.00am, 9th July	11.00am, 12th July
Anytime Fitness	2/41 York Street, Launceston	11.00am, 16th July	11.00am, 19th July
EFM Health Clubs	*Session 1: 1 Windsor Drive, Riverside (Windsor community precinct) Session 2: 80-88 Penquite Road, Newstead	11.00am, 23rd July	11.00am, 26th July
Fit 'n' Kicking	City Park**	11.00am, 30th July	11.00am, 2nd August
LAFIT	Launceston Aquatic 18A High Street, Launceston	11.00am, 6th August	11.00am, 9th August
PCYC	146 Abbott Street, Newstead	11.00am, 13th August	11.00am, 16th August
KEY Fitness	43 Brisbane Street, Launceston	11.00am, 20th August	11.00am, 23th August

*EFM sessions will be held at two different locations

**if bad weather please ring 0419 587 717 let it ring to message bank which will tell you if the session has been moved to an indoor venue.

More information & bookings contact

Active Launceston: 6324 4027 or 6324 4047

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.

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Each week of the Active Gym program you will visit a different fitness provider who has developed a one hour taster session at their premises to allow you to trial many of the styles of activities they offer. 2 x 1 hour taster sessions will be held each week at each organisation so that as many people as possible can attend.

- Ⓐ Please arrive 10 minutes early to each session
- Ⓐ Gym sessions are open to any fitness level and anyone over the age of 16 (if under 18 years participants must have a parent or guardian attend for insurance purposes)
- Ⓐ 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 & bath size towel
- Ⓐ Bookings are recommended to ensure appropriate instructor numbers on the day
- Ⓐ Special offers for participants and additional FREE sessions may be available
- Ⓐ For bookings and more information please contact Active Launceston on 6324 4027 or 6324 4047



24/7 access to over 2000 clubs worldwide. Our club is family owned and we are here for our members with all the support needed to reach your goals and feel great! 7 day free pass for local residents over 18.



EFM bridges the gap between a traditional gym and a personal trainer. What you get at EFM is the latest in fitness equipment and expertise, exercise programs that are tailored to you each session. Our aim is very simple - provide you with results focused programs that are fun and affordable.



Fit 'n' Kicking are not a gym, are not based in one spot and are mobile. We make the most of the warmer months and enjoy the great outdoors and beautiful parks and open spaces around Launceston. At Fit 'n' Kicking we take pride in fostering a fun & social environment and offer a highly personalised service.



Health & Fitness World is centrally located in Launceston, open and staffed 24 hours with arguably the largest range of equipment and group fitness sessions in Tasmania. We are sure we can provide you with a fantastic range of workout options that will help you achieve all your health and fitness goals.



Key Fitness is a 100% Australian owned and operated gym, open 24 hours a day, 365 days a year. It provides no contract options and a variety of group fitness classes. Being a member at KEY is like having your own private gym, they have limited memberships available so you'll never feel overcrowded. Unique to KEY is Hot Body Yoga. All of our classes cater for beginners to advanced students, with class times to meet any schedule.



LAfit features: A full range of the latest cardio equipment; state of the art gym equipment; an extensive group fitness timetable, Cycle classes, in a dedicated Bike Studio; Member Health Assessments; Personalised Programs; ongoing member support and reviews and Membership options including use of pool.



The Launceston PCYC gym offer the community a fantastic place to get fit, strong and healthy. Exercise in comfort while making new friends in an environment rich with history, whilst still offering something for everyone.



Each individual's yoga goals can be as diverse as we are ourselves. At Yoga on York, we present a range of yoga classes in varying styles to cater to everyBody, regardless of age, need and ability.