



Want to be able to keep up with your kids or feel fitter before summer hits? Exercise with other blokes in a safe and efficient manner trying new activities every week for eight weeks with the guidance of a qualified instructor.

1ST SEPTEMBER – 20TH OCTOBER

**Mondays 6.00pm – 7.00pm\***  
at Various Fitness Organisations around Launceston

\* Time of LAfit and Unigym sessions may slightly change.



Active Blokes is designed for males who would like to get active and don't know where to start. Active Blokes allows participants to try a range of fun activities and find out what best suits their needs in a non-intimidating group environment.

- 🎯 Caters for all fitness levels
- 🎯 Indoor sessions out of the cold
- 🎯 Bookings essential, call 6324 4027 to reserve a spot now
- 🎯 Great way to lead into summer feeling healthy and fit

More information over page or contact  
Active Launceston on 6324 4027

**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](http://www.utas.edu.au/foundation/donate) and follow the links to the Active Launceston Appeal.

# Active Blokes 2014

Active Blokes is designed for men who want to start exercising, improve their self-confidence, gain social connections or just want to get fit but don't know where to begin.

Each week of the Active Blokes program you will visit a different fitness provider where a variety of one hour fun physical activity sessions will be provided.

- ⚽ Numbers are limited to 20 participants per session
- ⚽ This program is a great way to meet new friends in a fun and social environment whilst getting active
- ⚽ Please arrive 10 minutes early to each session
- ⚽ Bring your mate along and encourage them to get active
- ⚽ This is a FREE program
- ⚽ Bookings are required to ensure appropriate instructor numbers on the day
- ⚽ Wear comfortable clothing and footwear suitable for exercise, a drink bottle and a bath towel



## Active Blokes 2014 Schedule

WHAT'S ON...	WHEN	WHO	WHERE
Football Skills	6.00pm Monday 1st September	Active Launceston	PCYC, 148 Abbott St Newstead
Judo	6.00pm Monday 8th September	Heath Howard	PCYC, 148 Abbott St Newstead
Boxing/ HITT Class	6.00pm* Monday 15th September	Unigym	Brooks Road Newnham
Kettlebell Class	6.00pm* Monday 22nd September	LAfit	Launceston Aquatic Centre 18A High Street Launceston
Circuit/ Powerband Class	6.00pm* Monday 29th September	LAfit	Launceston Aquatic Centre 18A High Street Launceston
Introduction to Gym	6.00pm* Monday 6th October	LAfit	Launceston Aquatic Centre 18A High Street Launceston
Circuit Class	6.00pm Monday 13th October	EFM Health Clubs	85 Penquite Rd Launceston
People's Choice	6.00pm Monday 20th October	To be advised	To be decided by group

\* Time of LAfit and Unigym sessions may slightly change.

The Active Launceston Information Hub is your one stop shop for information on everything that is active in Launceston. Visit us to find out more about our great programs and events as well as other community initiatives at 41 Frankland Street Launceston.

**Move More, Live More with Active Launceston**