



FREE physical activities in Launceston's beautiful community parks  
12<sup>TH</sup> OCTOBER – 3<sup>RD</sup> DECEMBER

Want to start getting active?  
HAS YOUR DOCTOR TOLD YOU TO DO MORE PHYSICAL ACTIVITY?



Active Parks is designed for people who would like to start getting active in a fun group environment

- ⚽ Caters for all fitness levels – especially those who haven't exercised in a while
- ⚽ Beginners encouraged
- ⚽ No commitment required – join us when you can!

For bookings please 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.



- ⚠ Please arrive 10 minutes early to each session
- ⚠ 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
- ⚠ Please bring a yoga mat or a towel to each session
- ⚠ Please note in 2015 sessions will be held on ALL public holidays
- ⚠ All sessions are funded by the University of Tasmania and their partners through Active Launceston except for sessions in City Park which are funded by City of Launceston
- ⚠ The involvement of children in Active Parks is at parent's discretion. We recommend 12 years as a minimum. Please consider your child's ability to engage socially and physically with the group
- ⚠ For more information please call 6324 4027 or visit the website [www.activelaunceston.com.au](http://www.activelaunceston.com.au)

Day	Start	Venue	Session	Description
Monday	6pm	City Park	Stretch & Strengthen	A mix of Pilates and Yoga movements designed to stretch and strengthen major muscle groups and improve balance, flexibility and core strength.
Tuesday	1pm	Ravenswood Park at the rear of Neighbourhood House on Prossers Forest Road	First Step	A session for people who haven't exercised for a while. Step into it today with some gentle and basic exercises to help improve blood flow, strength and balance.
Wednesday	12pm	City Park	Tai Chi	Gentle flowing movements which help to improve balance and strengthen body and mind.
Thursday	6am	City Park	Fun & Fitness	Cross training activities to improve cardio fitness, muscle strength, tone and endurance.
Thursday	6pm	Coronation Park	Yoga/Pilates	Mindful movement designed to improve strength, flexibility, posture and balance.

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**