



WEDNESDAYS 5.45PM – 6.45PM & FRIDAYS 9.45AM – 10.45AM

Both sessions will be located at the
**Launceston North Uniting Church,
128 - 132 Georgetown Road, Newnham**



Each Active Autumn session will be adapted to your appropriate level whether you are a beginner or experienced.

Sessions often include a combination of the following; stretching, muscle strengthening, improving balance, improving flexibility, improving core strength and general cross training activities to improve cardio fitness and endurance

“No bookings required and beginners are encouraged!”



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 and follow the links to the Active Launceston Appeal.



Do you struggle staying active in autumn? Do you hide indoors away from the cold?

Then why not join us; Active Autumn includes two sessions a week that are held indoors and is aimed to provide a supportive group environment for adults to participate in physical activity during the colder Tassie months.

With the safety and convenience of an indoor setting, the Active Autumn program will allow participants to explore different approaches and styles of fitness by trying a variety of activities. A range of fitness levels will be catered for and allow people to work at their own level in a safe and supportive environment. If you have tried or find Active Parks Fun and Fitness or Stretch and Strengthen appealing then this program is likely to appeal to you!

- 🕒 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
- 👶 While children are welcome at Active Autumn we recommend 14 years as the minimum age due to the physical and mental requirements of some of the sessions



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