



FREE physical activities in Launceston's beautiful community parks

8 WEEK PROGRAM: **BLOCK 1:** 2ND FEBRUARY – 26TH MARCH
BLOCK 2: 12TH OCTOBER – 3RD 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

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.



- ⚠ 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

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	5.15pm	Punchbowl Reserve	Family Fun 12 years +	A variety of fun active games to get your family moving. These activities will be suitable for a variety of ages and abilities.
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 & balance.

Please note; due to Festive, Tai Chi and Fun & Fitness will not be held on Wednesday 11th and Thursday 12th February respectively.

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