

2011/2012

3 October 2011 – 31 March 2012

FREE physical activities in
Launceston's beautiful
community parks

All ages and abilities welcome

No commitment required



Active
PARKS



Day	Time	Venue	Session
Mondays	6.00pm	City Park	Stretch and Strengthen – a mix of Pilates and Yoga movements designed to stretch and strengthen major muscle groups and improve balance, flexibility and core strength.
Tuesdays	10.00am	Torrens Street Community Park (Mayfield)	
Wednesdays	6.00am	City Park	Fun and Fitness – cross training activities to improve cardio fitness, muscle strength, tone and endurance.
	6.00pm	Punchbowl Reserve	
Thursdays	12.30pm	City Park	Tai Chi – gentle flowing movements which help to improve balance and strengthen body and mind.
Fridays	10.00am	Hoo Hoo Hut Heritage Forest (Conway Street, Invermay)	Gentle Exercise – low intensity gentle activities.
Saturdays	10.00am	Punchbowl Reserve	Tai Chi



Move More, Live More with Active Launceston

- There will be no sessions on public holidays
- There will be no sessions during the 2 week Christmas break (19 December – 2 January)
- There will be no sessions in City Park during Festive (7 – 14 February)
- All sessions are funded by the University of Tasmania and their partners through the Active Launceston project except for sessions in City Park which are funded by Launceston City Council
- For more information please call 6324 4027 or visit the website www.activelaunceston.com.au