

2010/2011

4 October 2010 – 2 April 2011

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
Tuesdays	12.00pm	Ravenswood Community Park	Stretch and Strengthen
Wednesdays	6.00am	City Park	Fun and Fitness
	6.00pm	Punchbowl Reserve	Fun and Fitness
Thursdays	12.30pm	City Park	Tai Chi
Fridays	10.00am	Hoo Hoo Hut Heritage Forest (Conway Street, Invermay)	Gentle Exercise
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 (20 December – 3 January)
- There will be no sessions in City Park during Festive (8 – 15 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