



CALENDAR OF EVENTS www.activelaunceston.com.au Move More, Live More with Active Launceston

JUNE 2010

<p>TUESDAY 1 JUNE Kings Meadows CHAT - Pram Walking \$ 10.00am Tuesdays Community Health, McHugh Street Information: 63444340</p> <p>Winter Yoga – Tasdance \$ 6.30am Tuesdays 197 Wellington Street Bookings Essential: 0403069377 becburns.osteo@gmail.com</p> <p>WEDNESDAY 2 JUNE GOLD – Strength and Balance 10.00am PCYC Bookings Essential: 0409806934</p> <p>Active Walk Run 5.45pm Wednesdays Royal Park, Park Street</p> <p>Roller Derby – Van Diemen Rollers \$ 6.00pm Mondays, Tuesdays, Thursdays Mowbray Sport and Skate</p> <p>Swing Dancing – Swing Patrol \$ 7.30pm Wednesdays St Ailbe's Hall, 46 Margaret Street</p>	<p>THURSDAY 3 JUNE HATHA Yoga – UNIGYM \$ 5.10pm Thursdays UNIYM Newnham Information: 63 243092</p> <p>SATURDAY 5 JUNE Dragons Abreast – Boat Paddling For breast cancer survivors 8.30am Sundays North Esk Rowing Club Bookings Essential: 0438446459</p> <p>WEDNESDAY 9 JUNE No Excuses Walking Group – ABC 8.00am Wednesdays ABC Studios, Anne Street</p> <p>Total mind and Body - UNIGYM \$ 7:00am Wednesdays UNIGYM, Newnham</p> <p>Heals and Souls – Dancing \$ 7pm Monday, Tuesdays Wednesdays Lawrence Vale Uniting Church Hall Bookings Essential: 0408343202</p>	<p>Active and Alive – Roller Derby 10.00am Mowbray Sport n Skate Bookings Essential: 63 363707</p> <p>Kick Butt Aerobic Kickboxing Fitness \$ 6.00pm Wednesdays Elphin Sports Centre (upstairs) Information: 0419 587 717 fitandkicking@westnet.com.au</p> <p>Inveresk Park and Walk Park and walk to work! FREE Car Park open each weekday Churchill Park Drive, Invermay</p> <p>Active Walk Run 5.45pm Wednesdays Royal Park, Park Street</p> <p>THURSDAY 10 JUNE Walk for Wine Leaning Church Vineyard 11.00am Thursdays 76 Brooks Road, Lalla Information: 63 954447</p> <p>Croquet for Body and Mind \$ Thursdays Royal Park Croquet Club Bookings Essential: 63 951048</p>	<p>Sports Ability Hub \$ Activities for people with a disability Various times available via booking UNIGYM, Newnham Information: 63 243092</p> <p>MONDAY 21 JUNE International Men's Health Week \$ Gym Triathlon Information: 0428375371</p> <p>TUESDAY 15 JUNE Tough Workout – PCYC \$ 8:00pm Tuesdays Cnr Abbott and Wentworth st</p> <p>WEDNESDAY 16 JUNE ZUMBA - Dance Fit \$ 7.00pm Wednesdays and Tuesdays Windmill Hill Hall</p> <p>Active Walk Run 5.45pm Wednesdays Royal Park, Park Street</p> <p>No Excuses Walking Group – ABC 8.00am Wednesdays ABC Studios, Anne Street</p>	<p>FRIDAY 18 JUNE Seaport CHAT - Pram Walking 10.00am Fridays Royal Park</p> <p>Zumba - Lavida Salsa \$ 5:00pm Fridays UTAS - Drama Room A107 Information: 0409 578 107</p> <p>MONDAY 21 JUNE Stretch and Strengthen \$ 6.00pm Mondays Elphin Sports Centre (upstairs) Information: 0419 587 717 fitandkicking@westnet.com.au</p> <p>WEDNESDAY 23 JUNE Active Walk Run 5.45pm Wednesdays Royal Park, Park Street</p> <p>OTHER: Heart Foundation Walking Fun, free walking groups Information: 1300 36 27 87</p>
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The activities included in this calendar are a combination of Active Launceston funded initiatives and community initiatives that we support through our endorsement process.

Not all activities are listed due to space restrictions. For more information please visit the Active Launceston website www.activelaunceston.com.au or phone 63 244027.

Do you want to have your activity included in this calendar? Is your activity endorsed by Active Launceston? It's easy, check out the website for more information.

\$ = Cost associated with activity



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