



OCT 15 2018 - APR 5 2019

Getting active this summer is as easy as getting to one of the four parks featured in this year's **FREE** Fitness in the Park program!

MON MORNING	9.30 - 10.30 ^{AM}	KANGAROO BAY ROSNY	MOBILITY 30 PRESSURE POINT, STRETCHING & MOBILITY	PEOPLE OF ALL LEVELS ARE WELCOME AT ALL SESSIONS!	
			CORE 30 NO IMPACT SESSION		
TUE EVENING	6.00 - 7.00 ^{PM}	BELLERIVE BEACH PARK BELLERIVE	BEACH YOGA BYO YOGA MAT		TRAINING MAY INCLUDE ANY COMBINATION OF THE FOLLOWING: BODY WEIGHT EXERCISE BOXING FITNESS HILL WALKING FUNCTIONAL TRAINING AEROBIC EXERCISE CIRCUIT TRAINING FLEXIBILITY CORE STABILITY BALANCE MOBILITY
WED MORNING	9.30 - 10.30 ^{AM}	SIMMONS PARK LINDISFARNE	GROUP FITNESS LOW IMPACT SESSION		
THU MORNING	9.30 - 10.30 ^{AM}	WENTWORTH PLAY PARK SALACIA AVE, HOWRAH	MOBILITY 30 PRESSURE POINT, STRETCHING & MOBILITY GROUP FITNESS 30 MINUTE EXPRESS SESSION		
THU EVENING	6.00 - 7.00 ^{PM}	SIMMONS PARK LINDISFARNE	GROUP FITNESS HIIT, CIRCUIT TRAINING STRENGTH		
FRI MORNING	9.30 - 10.30 ^{AM}	BELLERIVE BEACH PARK BELLERIVE	GROUP FITNESS LOW IMPACT SESSION		

BREAKS Sessions break for Christmas / New Year after Dec 14 and resume on Jan 14. All programmed sessions will run unless deemed unsafe due to extreme weather. If unsure, come along and see. No sessions on public holidays. Bookings are not taken for the sessions ... just come along!

PARTICIPANTS MUST

- sign a waiver
- participate in a verbal medical screen
- wear appropriate footwear
- have a water bottle
- wear hats & sun-block when necessary
- a towel or mat is handy for all sessions
- children under 16 **must** be accompanied by a parent / guardian
- mums with bubs participating in sessions must have had a least 6 weeks since birth

MORE INFO

Community Planning and Development Officer,
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ENERGY HEALTH



Clarence... a brighter place

