

OCT 9 2020 ¹⁰
MAR 31 2021

FITNESS

IN

THE

PARK

Get active this summer
at **Bellerive Beach Park**
for this year's **FREE**
Fitness in the Park program!

TUE
MORNING

9.30 -
10.30^{AM}

Group Fitness Sessions

People of **all fitness levels**
are welcome at **all sessions!**

TRAINING MAY INCLUDE ANY
COMBINATION OF THE FOLLOWING:

STRENGTH TRAINING	FLEXIBILITY
BODY WEIGHT EXERCISE	STABILITY
BOXING FITNESS	BALANCE
HILL WALKING	MOBILITY
FUNCTIONAL TRAINING	DEEP BREATHING & BODY SCANS
AEROBIC EXERCISE	
CIRCUIT TRAINING	

WED
EVENING

6.00 -
7.00^{PM}

FRI
MORNING

9.30 -
10.30^{AM}

BREAKS

Sessions break for New Year
between December 21 and January 12.

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!

SPECIAL NOTES

- Please observe physical distancing and stay 1.5m apart.
- Please do not attend if you are unwell or have any symptoms of illness.
- Practice good hygiene and use hand sanitiser.

MORE INFO

Community Planning
and Development Officer,
Suzanne Schulz
6217 9599 or email
liveclarence@ccc.tas.gov.au

PARTICIPANTS MUST

- sign a waiver.
- participate in a verbal medical screen.
- wear appropriate footwear.
- have a water bottle.
- wear hats & sun-block when necessary.
- BYO towel or mat.
- 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.



ENERGY HEALTH



Clarence... a brighter place

live
HEALTHY