



# FITNESS IN THE PARK

## Winter Sessions 2021

APRIL 9 – JUNE 29

Step outside and join in with the **FREE** Fitness in the Park program!

9:30am

Tuesday and Friday

Bellerive Beach Park

**Group fitness sessions**

People of all fitness levels are welcome at all sessions!

### TRAINING MAY INCLUDE ANY COMBINATION OF THE FOLLOWING:

- Strength training
- Body weight exercise
- Boxing fitness
- Hill walking
- Functional training
- Aerobic exercise
- Circuit training
- Flexibility
- Stability
- Balance
- Mobility
- Deep breathing & body scans

All programmed sessions will run unless deemed unsafe due to extreme weather. If unsure, come along and see.

No sessions on Public Holidays.

No bookings will be 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
- Please practice good hygiene and use hand sanitiser
- You must check in each session for contact tracing purposes

### 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.

For more information contact:  
Council on 6217 9500 or  
liveclarence@ccc.tas.gov.au



Fitness in the Park 2020-21 is a partnership program between Council and Energy Health.