

04 OCT 2021
TO
01 APR 2022



COME ALONG FOR YOUR **FREE FITNESS SESSIONS ACROSS CLARENCE**

MON MORNING	9.30 - 10.30 AM	RICHMOND VILLAGE GREEN	GROUP FITNESS
TUE MORNING	9.30 - 10.30 AM	BELLERIVE BEACH PARK	GROUP FITNESS
WED EVENING	6.00 - 7.00 PM	BELLERIVE BEACH (NEAR PARK)	BEACH FLOW
THU MORNING	9.30 - 10.30 AM	SIMMONS PARK LINDISFARNE	GROUP FITNESS
FRI MORNING	9.30 - 10.30 AM	BELLERIVE BEACH PARK	GROUP FITNESS

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 and body scans

PEOPLE OF ALL LEVELS ARE WELCOME AT ALL SESSIONS!

BREAKS & OTHER DETAILS

- sessions break for New Years between 18 December 2021 – 09 January 2022
- all programmed sessions will run unless deemed unsafe due to extreme weather
- no sessions on public holidays
- bookings not taken for the sessions

PARTICIPANTS MUST

- check-in each session
- observe physical distancing and stay 1.5m apart
- not attend if you're unwell or have any symptoms of illness
- practice good hygiene and use hand sanitiser
- sign a waiver
- participate in a verbal medical screen
- wear appropriate footwear
- have a water bottle
- wear hats & sunblock when necessary
- BYO towel or mat
- children aged under 16 must be accompanied by a parent
- mums with bubs participating in sessions must have had at least 6 weeks since birth

MORE INFO

Community Planning & Development Officer,
Suzanne Schulz
6217 9599 or liveclarence@ccc.tas.gov.au
Join the Fitness in the Park Facebook Group

live
HEALTHY



Clarence... a brighter place



ENERGY HEALTH