



FITNESS IN THE PARK

Winter Sessions 2022

April 5 – September 30

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

9:30am Tuesday
Simmons Park Lindisfarne

9:30am 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 exercises
- Boxing fitness
- Hill walking
- Functional training
- Aerobic exercise
- Circuit training
- Flexibility
- Stability
- Balance
- Mobility
- Deep breathing & body scans

All programmed sessions will run regardless of class numbers, unless deemed unsafe due to extreme weather. As a result, cancellations may be made last minute but only in extreme circumstances. We ask that you also use your own judgement. No sessions will be run on Public Holidays.
No bookings are taken for sessions... just come along and give it a go!

SPECIAL NOTES

Please follow any health directives as requested.

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

ALL PARTICIPANTS MUST

- Sign a waiver.
- Participate in a verbal medical screen.
- Wear appropriate footwear.
- Bring a water bottle.
- Wear hats & sunblock when necessary.
- BYO towel or mat.
- Children under 16 must be accompanied by a parent / guardian.
- Mums with bubs participating in sessions must be at least 6 weeks post-partum.

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



Fitness in the Park 2021-22 is a partnership program between Council and Energy Health.