



# Healthy George Town

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# FREE PROGRAM

# 2024 schedule



Winner of the 2021 Tasmanian Community Achievement Awards – Get Moving Tasmania – Physical Activity

National Finalist and Tasmanian State winner of the AUSactive National Awards Program 2022 – Social Value & Community Impact category



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# Healthy George Town

Get fit in a fun and social environment for FREE.

## 2024 schedule

WHAT	WHO	TIME	WHEN	WHERE
<b>Cross Fitness</b> A variety of adaptable exercises designed and catered for all fitness levels.	Everyone	Tuesdays 6pm-7pm	February 20 - June 25	George Town Memorial Hall, Macquarie Street
<b>Armchairs</b> Low impact activities designed for anyone doing little to no physical activity. Armchairs will include exercises that can be done in your armchair at home.	Adults	GEORGE TOWN Mondays 11am-12pm	February 19 - June 24	George Town Memorial Hall, Macquarie Street
		HILLWOOD Fridays 11am-12pm	February 23 - June 28	Hillwood Memorial Hall, Hillwood Jetty Road
<b>Aqua Fitness</b> Low impact aqua fitness classes designed for those that are in need, are water confident and do not need assistance in the water. Conducted by our qualified trainer. <b>LIMITED SPOTS AVAILABLE</b> Bookings Essential.	Adults	Fridays 6pm-7pm	February 23 - June 28	Port Dalrymple School Swimming Pool, Agnes Street
<b>Seniors Aqua Therapy</b> Taught by our qualified physiotherapist, these low impact aqua therapy classes are designed for senior citizens. <b>LIMITED SPOTS AVAILABLE</b> Bookings Essential.	Seniors 60+	Thursdays 4:30pm-5:30pm	March 14 - June 27	Port Dalrymple School Swimming Pool, Agnes Street
<b>Jazzercise</b> Bring your friends along to get fit in a fun and social environment through dance.	Adults	Mondays 5:30pm-6:15pm	February 26 - June 24	Bee Bop Dance Studio, Victoria Street
<b>Yoga</b> Enjoy the physical and mental benefits of Yoga. With mindful movements designed to improve strength, flexibility, posture, and balance.	Adults	Thursdays 5:30pm-6:30pm	February 22 - June 27 No yoga: 25 April & 2 May	George Town Memorial Hall, Macquarie Street
<b>Pilates</b> Low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. The movements are slow and precise with breath control, conducted on a mat.	Adults	Wednesdays 5:30pm-6:30pm	February 28 - June 26	Bee Bop Dance Studio, Victoria Street

### BOOKINGS ESSENTIAL.

Ensure your spot by booking through:

Eventbrite: [healthy-george-town.eventbrite.com](https://healthy-george-town.eventbrite.com)  
George Town Council Office

Scan the QR code to book your free session



Contact Information  
0437 311 052 or  
6382 8800



Wear Comfortable Clothing



Bring a Drink Bottle



Arrive 15 minutes early