

FREE PROGRAM



# 2020 Spring schedule

Get fit in a fun and social environment.



@healthygeorgetown



Healthy George Town is a partnership project that mobilises the community to increase their participation in healthy lifestyle activities by filling gaps in provision, creating pathways, reducing barriers, and targeting those with the highest needs.

For full details on the Healthy George Town Spring Program, and information on our Endorsed Partner program in the community, visit the Healthy George Town website:

[georgetown.tas.gov.au/healthy-georgetown](http://georgetown.tas.gov.au/healthy-georgetown)





LULWORTH / WEYMOUTH

WHAT	WHO	WHEN	WHERE	TIME
<b>Healthy Tai Chi</b> Tai Chi is an ancient Chinese exercises that get your body moving with your breath, relaxing mind and body. Gently loosening up tension and building flexibility and coordination.	Men and women of all ages	Saturdays 2.30pm to 3.30pm Saturdays 4.00pm to 5.00pm	Weymouth Community Hall Lulworth Community Hall	3 October and 17 October 3 October and 17 October
<b>Healthy Yoga/Minds Workshops</b> A 3 hour FREE workshop incorporating both yoga and mindfulness. Learn yoga and mindfulness techniques in a relaxed and supported environment.	Men and women of all ages	Saturdays 9.30am to 12.00noon Saturdays 1.00pm to 3.30pm	Weymouth Community Hall Lulworth	10 October and 7 November 10 October and 7 November
<b>Healthy Parks/Armchairs</b> A combination of the popular Healthy Parks and Healthy Armchairs – designed for those who are currently doing no or little physical activity.	All ages	Saturdays 2.00pm to 3.30pm	Weymouth Community Hall	24 October and 31 October
<b>Healthy Bikes</b> 2 x 2 hour sessions which will include bike maintenance, bike skills & road safety, concluding with a trail ride in George Town at the conclusion of week 2's session.	All ages	Saturdays 9.30am to 11.30am	Regent Square, George Town	3 October and 10 October

GEORGE TOWN

<b>Healthy Mt Bike Skills</b> Mt Bike Skills coaching sessions. Learn the fundamentals of bike handling techniques, while improving your health and fitness. A small number of bikes are available for use by the 12 to 16 year group. Limit of 10 per session. Bookings essential : 6382 8812	Beginner Sessions 10am to 11am – Ages 7 to 11 11.30 to 12.30pm – Ages 12 to 16  Intermediate/Challenger Sessions 1.30pm to 2.30pm – Ages 7 to 11 3.00pm to 4.00pm – Ages 12 to 16	George Town Sports Complex	4 October	
<b>Healthy Boxing</b> Cardio boxing, with an introduction to boxing techniques and fitness for young people.	Ages 8 to 18 years.	Mondays 5.15pm to 6.00pm	YMCA Friend Street	5 October to 26 October
<b>Healthy Yoga</b> Everyone is invited to attend these FREE yoga session. The benefits of practicing yoga go beyond burning calories and toning muscles, with many other physical and mental benefits gained from the total mind-body workout.	All ages	Thursdays 9.30am to 10.15am	George Town Memorial Hall	15 October to 26 November
<b>Healthy Minds</b> Healthy Minds is for adults experiencing or at risk of anxiety, depression or stress. Learn mindfulness in a relaxed and supportive environment.	All ages	Thursdays 10.30am to 11.15am	George Town Memorial Hall	15 October to 26 November
<b>Healthy Dance</b> Low Impact Jazzercise style dance designed for men and women of all ages who are currently doing little or no physical activities. Get fit in a fun and social environment.	The whole family	Mondays 10.00am to 10.45am	Regent Square	5 October to 23 November
<b>Healthy Tai Chi</b> This 8 week program is suitable for all levels of fitness. Tai Chi is an ancient Chinese exercises that get your body moving with your breath, relaxing mind and body. Gently loosening up tension and building flexibility and coordination.	Men and women of all ages	Saturdays 2.30pm to 3.30pm	Graham Fairless Centre	31 October to 19 December
<b>Healthy Parks</b> A variety of low impact activities designed for those who are currently doing no or little physical activity.	All ages	Tuesdays 6.00pm to 7.00pm	Regent Square	3 November to 15 December
<b>Healthy Armchairs</b> Low impact activities designed for anyone doing little or no physical activity. Healthy Armchairs will include a variety of exercises that can be done in your armchair at home.	All ages	Wednesdays 10.30am to 11.30am	Memorial Hall George Town	4 November to 16 December

## 3 ways to sign up for Healthy George Town

- Complete a paper-based form at the session; or
- Register online at: [healthytasmania.com.au/Registration](http://healthytasmania.com.au/Registration) or
- Fill in your details just ONCE by downloading the “I’m In by Healthy Tasmania” phone app available on iOS and Android. Then simply bring your phone to a session and scan the QR code on your phone with the session coordinator’s phone.

