



Healthy George Town

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FREE PROGRAM

2023 Autumn 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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Get fit in a fun and social environment for FREE.

WHAT	WHO	TIME	WHEN	WHERE
Cross fitness A variety of adaptable exercises designed and catered for all fitness levels.	Adults	Tuesdays 6pm-7pm	April 4,11,18,25 May 2,9,16,23,30 June 6,13,20,27	George Town Memorial Hall, Macquarie Street
Armchairs Low impact activities designed for anyone doing little to no physical activity.	Adults	Mondays 11am-12pm	April 3,10,17,24 May 1,8,15,22,29 June 5,12,19,26	Graham Fairless Centre, Macquarie Street
		Thursdays 11am-12pm	April 6,13,20,27 May 4,11,18,25 June 1,8,15,22,29	Hillwood Memorial Hall, Hillwood Jetty Road
Aqua Fitness Low impact aqua fitness classes conducted by our qualified trainer (Limited numbers - bookings essential)	Adults	Fridays 5.30pm-6.30pm	April 7,14,21,28 May 5,12,19,26 June 2,9,16,23,30	Port Dalrymple Pool
Seniors Aqua Therapy Taught by a qualified physiotherapist, these low impact aqua therapy classes are designed for senior citizens. (Limited numbers - bookings essential)	Seniors	Thursdays 4:30pm-5:30pm	April 6,20,27 May 4,11,18,25 June 1,8,15,22,29	Port Dalrymple Pool
Jazzercise Bring your friends along to get fit in a fun and social environment through dance.	All ages	Mondays 9:15am-10am	April 24 May 1,8,15,22,29 June 5,12,19,26	Bee Bop Dance Studio, Victoria Street
Yoga Enjoy the physical and mental benefits of Yoga. With mindful movements designed to improve strength, flexibility, posture, and balance.	Adults	Tuesdays 9am-10am Thursdays 6pm-7pm	April 4,6,11,13,18,20,27 May 2,4,9,11,16,18,23,25,30 June 1,6,8,13,15,20,22,27,29	George Town Memorial Hall, Macquarie Street
Pilates 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	April 19,26 May 3,10,17,24,31 June 7,14,21,28	Bee Bop Dance Studio, Victoria Street
Kids Boxing An introduction to boxing techniques and fitness in a fun environment.	Kids	Mondays 6pm-7pm 3 and 10 May Wednesday 6pm-7pm	April 10,17,24 May 3,10,15,22,29 June 5,12,19	George Town Community Centre, Friend Street
Learn to Surf With a focus on safety, personal development, and good times, this session will teach you the skills to ride a wave and become a better surfer. Limited numbers - Bookings essential - Wetsuits and surfboards provided	Kids	Wednesday 7-12 years 11am-1pm 13-17 years 1pm-3pm	April 12	East Beach

BOOKINGS ESSENTIAL.

Ensure your spot by booking through:

Eventbrite: healthy-george-town.eventbrite.com

George Town Council Office

Scan the QR code to book your free session

