



Healthy George Town

Follow us on socials for any updates to our programs.



facebook.com/healthy-georgetowntasmania



georgetown.tas.gov.au/healthy-george-town



FREE PROGRAM

2022 Spring schedule



WINNER OF THE 2021 TASMANIAN COMMUNITY ACHIEVEMENT AWARDS - Get Moving Tasmania - Physical Activity Award



georgetown.tas.gov.au/healthy-george-town





Get fit in a fun and social environment for FREE.

WHAT	WHO	TIME	WHEN	WHERE
Armchairs Low impact activities designed for anyone doing little or no physical activity. Armchairs will include a variety of exercises that can be done in your armchair at home.	Adults	Mondays 11:30am to 12:30pm	September 5,12,19,26 October 3,10,17,24 November 7,14,21,28	George Town Memorial Hall, Macquarie Street
		Fridays 10:30am to 11:30am	September 9,16,23,30 October 7,14,21,28 November 4,11,18,25	Hillwood Memorial Hall, Hillwood Jetty Road
Cross Fitness A variety of adaptable exercises designed and catered for all fitness levels.	Adults	Tuesdays 6pm to 7pm	September 6,13,20,27 October 4,11,18,25 November 1,8,15,22	George Town Memorial Hall, Macquarie Street
Aqua Fitness Low impact aqua fitness classes conducted by our qualified trainer (Limited spots available).	Adults	Fridays 5pm to 6pm	September 9,16,23,30 October 7,14,21,28 November 4,11,18,25	Port Dalrymple Swimming Pool, Agnes Street
Yoga Enjoy the physical and mental benefits of Yoga. With mindful movements designed to improve strength, flexibility, posture & balance. (Limited spots available).	Adults	Tuesday Mornings 9am to 10am	September 6,13,20,27 October 4,11,18,25 November 1,8,15,22	George Town Memorial Hall, Macquarie Street
		Thursday Evenings 5pm to 6pm	September 8,15,22,29 October 6,13,20,27 November 3,10,17,24	
Jazzercise Bring your friends along to get fit in a fun and social environment through dance.	All ages	Wednesdays 9:15am to 10:00am	November 2,9,16,23,30	Bee Bop Dance Studio, Victoria Street
Pilates Low-impact exercise that aims to strengthen muscles while improve postural alignment and flexibility. The movements are slow and precise with breath control, conducted on a mat.	Adults	Wednesdays 10am to 11am	November 2,9,16,23,30	Bee Bop Dance Studio, Victoria Street
Seniors Aqua Therapy Taught by our qualified physiotherapist, these low impact aqua therapy classes are designed for senior citizens (Limited spots available).	Seniors	Thursdays 4:30pm to 5:30pm	September 8,15,22,29 November 3,10,17,24	Port Dalrymple Swimming Pool, Agnes Street
Kids Cardio Boxing An introduction to boxing techniques and fitness in a fun environment.	Kids	5pm to 6pm	September 7,14,22,29 October 6,14,17,24,31 November 2,9,15,23	George Town Community Centre, Friend Street
Laser Tag Get active and have some fun playing laser tag. (Bookings essential).	Kids	3pm to 6pm	October 3	Graham Fairless Centre

BOOKINGS ESSENTIAL.

These classes are limited by numbers.

Ensure your spot by booking through:

Healthy George Town Website

Eventbrite: healthy-george-town.eventbrite.com

George Town Council Office

Scan the QR
code to book
your free
session

