



Healthy George Town

FREE PROGRAM

2023 Spring schedule



Follow us on socials for any updates to our programs.



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

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	October 10,17,24,31 November 7,14,21,28 December 5,12	George Town Memorial Hall, Macquarie Street
Armchairs 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	October 9,16,23,30 November 6,13,20,27 December 4,11	George Town Memorial Hall, Macquarie Street
		HILLWOOD Fridays 11am-12pm	October 13,20,27 November 3,10,17,24 December 1,8,15	Hillwood Memorial Hall, Hillwood Jetty Road
Aqua Fitness 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. LIMITED SPOTS AVAILABLE.	Adults	Fridays 6pm-7pm	October 13,20,27 November 3,10,17,24 December 1,8,15	Port Dalrymple School Swimming Pool, Agnes Street
Seniors Aqua Therapy Taught by our qualified physiotherapist, these low impact aqua therapy classes are designed for senior citizens. LIMITED SPOTS AVAILABLE.	Seniors 60+	Thursdays 4:30pm-5:30pm	October 12,19,26 November 2,9,16,23,30 December 7,14	Port Dalrymple School Swimming Pool, Agnes Street
Jazzercise Bring your friends along to get fit in a fun and social environment through dance.	All ages	Mondays 5:30pm-6:15pm	October 9,16,23,30 November 6,13,20,27 December 4,11	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	Thursdays 6pm-7pm	October 12,19,26 November 16,23,30 December 7,14	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	October 11,18,25 November 1,8,15,22,29 December 6,13	Bee Bop Dance Studio, Victoria Street

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



Contact Information
0437 311 052 or
6382 8800



Wear Comfortable Clothing



Bring a Drink Bottle



Arrive 15 minutes early