



WHAT	WHO	WHEN	TIME	WHERE	BRING
Healthy Parks A variety of adaptable exercises designed & catered for all fitness levels & abilities.	Men & women of all ages	Tuesdays	6pm to 7pm	16 March to 4 May	Memorial Hall Appropriate footwear & water bottle
Healthy Armchairs Low impact activities designed for anyone doing little to no physical activity. Healthy armchairs will include a variety of exercises that can be done in your armchair at home.	Men & women of all ages	Wednesdays	10:30am to 11:30am	17 February to 7 April	Memorial Hall Appropriate footwear & water bottle
Healthy Tai Chi Gentle flowing movements to improve balance, build flexibility, coordination and strengthen the mind & body.	Men & women of all ages	Wednesdays	6pm to 7pm	17 March to 5 May	Graham Fairless Centre Appropriate footwear & water bottle
Healthy Boxing Cardio boxing, with an introduction to boxing techniques & fitness which fun for the whole family.	Ages 8+	Mondays	5:15pm to 6:15pm	8 March to 29 March	YMCA, Friend Street Appropriate footwear & water bottle
Healthy Yoga Enjoy the physical & mental benefits of practicing Yoga. Designed to improve strength, flexibility, posture & balance.	Men & women of all ages	Thursdays	9:30am to 10:15am	4 March to 25 March	Memorial Hall Appropriate footwear, yoga mat, dressing gown strap/exercise band & blanket

NEW PROGRAMS FOR AUTUMN

Healthy Trails - Facebook Group Join via Healthy George Town Facebook Page. A community group to share photos, videos, comments and stories of your favourite places to get active.	The whole family	Ongoing			George Town Community Appropriate footwear, water bottle & mobile device to take photos
Learn to Swim 8 weeks of free, 30 minute Learn to Swim classes. Spots are limited - register via healthygeorgetown.eventbrite.com.au or our HGT Facebook page.	Infants, preschoolers & school aged kids	Fridays	1:30pm to 5:30pm (NO classes on Good Friday)	12 March to 7 May	Port Dalrymple Pool Swimming gear & towel
Jazzercise - Beginners For those who have little to no experience in the jazzercise style of dance. Bring the family along to get fit & have fun.	The whole family	Mondays	9:30am to 10:15am	15 February to 29 March	Regent Square Rotunda, Macquarie St Appropriate footwear & water bottle
Jazzercise - Intermediate For those who have had experience in the jazzercise style of dance or participated in Healthy Dance previously.	The whole family	Mondays	10:15am to 11am	15 February to 29 March	Regent Square Rotunda, Macquarie St Appropriate footwear & water bottle
Drop In Skate Hang out with our qualified skateboard instructors, learn how to skate and have some serious fun! Developing your skills: balance, stance, fakies, grinds, ollies, safety and more. Registration is via healthygeorgetownskate.eventbrite.com.au or our Facebook page. WIN A SKATEBOARD – visit our Facebook page for entry details!	Kids - Come along & try something new	Saturday	10am to 2pm	6 March	Skate park, Regent Square Appropriate footwear, lunch, water bottle & helmet. Skateboards are supplied
Holiday Yoga Try something new in the school holidays with whole family! Enjoy the physical and mental benefits of practicing Yoga.	The whole family	Thursdays	9:30am to 10:15am	8 April & 15 April	Memorial Hall Appropriate footwear, yoga mat, dressing gown strap/exercise band & blanket
National Ride2School Week Ride2School in a safe, fun & supervised environment, along mapped routes. Learning safe bike techniques & road rules. Should your child need a bike for this event please contact us.	School aged children, Grades 2-6	Contact schools direct for details		15 March to 19 March	All schools Bike, helmet, appropriate footwear & water bottle
Ride2 School - Map our Streets A fun and engaging community workshop! Join up to discuss ideas & create a map for the best & safest routes for kids to ride from home to their schools.	Families with school aged children	Tuesday	6:15pm to 7pm	16 March	Graham Fairless Centre Thinking hats! Water bottle A light supper is provided
Nitty Gritty - True Stories Told By Real Humans Do you have a true story to tell? Comedian Rachel Berger will work with a group of locals crafting their stories into a performance, ready to deliver in front an audience later that same day.	Adults - Limited to 8 spots.	Friday 14 May	10am to 8:10pm Workshop - 10am to 4pm Rehearsal - 5pm to 6pm Show Time: 7pm to 8:10pm		Memorial Hall You must be available for all day workshop & rehearsal prior to the show. Lunch & refreshments provided

3 ways to sign up for Healthy George Town

- 1 Complete a paper-based form at the session; or
- 2 Register online at: healthytasmania.com.au/Registration or
- 3 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.

