



HEALTHY CROSS FITNESS

PROGRAM PARTNER



Tuesday's 17th of August to 5th of October | 5:00pm to 6:00pm

@Memorial Hall, Macquarie Street, George Town (week 4 session in the Graham Fairless Centre)

FREE 8 Week Program!

A variety of adaptable exercises designed and catered for all fitness levels.

OTHER INFORMATION

Please wear comfortable clothing, bring a drink bottle and arrive 15 min before the start time. Come to one or come to them all!

CONTACT DETAILS

Kylie Moore
sherriffitness@yahoo.com
0427560034



HOW TO REGISTER

Just turn up on the day to participate or pre-register today via one of the options below:

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.

