



HEALTHY DANCE

FREE 8 WEEK PROGRAM

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Mon 17 February to Mon 6 April | 10.00 – 10.45am
@ Regent Square, Macquarie Street, George Town

PROGRAM PARTNER



FREE 8 Week Program !

Healthy Dance offers low impact jazzercise style dance designed for both men and women of all ages who are currently doing no or limited physical activity. Let's get rid of the myths - Dance is for everyone !!! Get fit in this fun and social environment

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

Mel Street
melbeebop@hotmail.com
0418339616



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.

