



# Healthy George Town



## HEALTHY SPIN

PROGRAM PARTNER



Tuesday's - UPDATED dates: 17th of August, 14th of September, 28th of September & 12th of October | 5:00pm to 6:00pm

@Memorial Hall, Supper Room, George Town

### FREE Program, 4 Sessions!

Get your legs pumping with after work spin classes. **\*BOOKINGS ESSENTIAL\*** Secure your spot by clicking going on each individual session on the I'm In application. Via the link provided: <https://iminconnect.com/App/Programs>

### 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/](http://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.

