



Healthy George Town

FREE PROGRAM

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2026 Autumn & Winter schedule



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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WHAT	WHO	TIME	WHEN	WHERE
Zumba Fun and energetic, making exercise feel less like a chore while improving strength, balance, and flexibility through dance moves.	Everyone	Mondays 5pm-6pm	13 April - 22 June	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 9:30am-10:30am	13 April - 22 June	Graham Fairless Centre, Macquarie Street
		HILLWOOD Wednesdays 9:30am-10:30am	15 April - 24 June	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. LIMITED SPOTS AVAILABLE. Bookings Essential.	Adults	Mondays 6:30pm-7:30pm	13 April - 22 June	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. Bookings Essential.	Seniors 60+	Thursdays 4:30pm-5:30pm	16 April - 25 June	Port Dalrymple School Swimming Pool, Agnes Street
Tai Chi Relaxing gentle exercise. Move, breath, stretch and relax.	Everyone	Tuesdays 3:30pm-4:15pm	14 April - 23 June	George Town Memorial Hall, Macquarie Street
Meditation Ready to unwind? Now's the time to learn meditation.	Adults	Tuesdays 7pm-7:45pm	14 April - 23 June	Macquarie Room, 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	15 April - 13 May	Bee Bop Dance Studio, Victoria Street
Pickleball Join in for exciting weekly sessions of Pickleball and enjoy the benefits of staying active, meeting new friends, and enhancing your skills.	Everyone	Thursdays 9:30am-11:30am	16 April - 25 June	Graham Fairless Centre, Macquarie Street
Yoga Enjoy the physical and mental benefits of Yoga. With mindful movements designed to improve strength, flexibility, posture, and balance.	Everyone	Thursdays 9:30am-10:30am	16 April - 25 June	George Town Memorial Hall, Macquarie Street
George Town Neighbourhood House Walking Group Enjoy a different walk each week as we explore George Town together.	Everyone	Mondays 11:30am-1:00pm	13 April - 1 June, 15 June - 29 June	Check Council website weekly for starting point
The Resilient Heart Mental Health Workshop A 5-week workshop designed to help you heal, grow and renew your mental health after loss. LIMITED SPOTS AVAILABLE. Bookings Essential.	Everyone	Tuesdays 10am-12pm	14 April - 12 May	Macquarie Room, George Town Memorial Hall, Macquarie Street
Bootcamp Boost your fitness with our energising Bootcamp sessions, designed to get your heart pumping and build strength.	Everyone	Tuesdays 6:15pm-7:15pm	14 April - 23 June	Graham Fairless Centre, Macquarie Street
Art Therapy Offering a supportive space to explore self-expression, reduce stress, and support your overall wellbeing through art. LIMITED SPOTS AVAILABLE. Bookings Essential	Everyone	Wednesdays 10:30am-11:30am	15 April - 24 June	Macquarie Room, George Town Memorial Hall, Macquarie Street
Family Circus Skills These workshops invite adults and children to master juggling, acrobatics, and prop manipulation side-by-side.	Everyone	Fridays 4pm-5pm	17 April - 8 May	Graham Fairless Centre, Macquarie Street
Jazzercise Bring your friends along to get fit in a fun and social environment through dance.	Everyone	Fridays 5:30pm-6pm	17 April - 26 June	Bee Bop Dance Studio, Victoria Street
Hip Hop Get moving with our fun and upbeat Hip Hop Dance sessions.	Everyone	Fridays 6pm-6:30pm	17 April - 26 June	Bee Bop Dance Studio, Victoria Street

