

2017 Spring into



SUMMER series

FREE

FREE 10-visit pass to the Maribyrnong Aquatic Centre or 2-week Membership to RecWest Footscray for ALL registered participants

Monday 13 November to Sunday 17 December 2017

Registrations open online from 9am Monday 9 October

A range of free 5-week health and wellbeing programs around the City of Maribyrnong!

REGISTER ONLINE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit Work It 10.30am-11.25am	Gentle Aqua 2pm-2.45pm	Kangatraining Parents & Bubs 8.30am-9.15am	Metafit 9am-9.25am	Swing Fit 10am-11am	CX Worx 8.15am-8.45am	Disc Golf 10am-11am
Women's Only Yoga 11.30am-12.45pm	Junior Netball Program 5.30pm-6.30pm	Guided Meditation 9.30am-10.30am	Traditional Tai Chi 10.30am-11.30am	Pre-School Yoga 10.30am-11.30am	AFL Active 10.30am-11.20am	Tao Dance for Health & Wellbeing 3pm-4pm
Tai Chi for Health 1pm-2pm	Metafit 6pm-6.25pm	Hatha Yoga 11am-12pm	Group Fitness Circuit in the Park 6pm-7pm		Tao Dance for Health & Wellbeing 11am-12pm	
Yoga in the Park 6.30pm-7.25pm	Happy Healthy Life 6.15pm-7.30pm	Teen Fit 4.30pm-5.15pm	Deep Water Aqua 7.15pm-8pm	Seniors Movement Class 1.30pm-2.30pm	Qigong 2.30pm-3.30pm	Yoga in the Park 5pm-6pm
	Rock-Up Netball Train 6.30pm-7.30pm	Pilates in the Park 6.30pm-7.25pm				

Footscray ■ Braybrook ■ Maribyrnong ■ Maidstone ■ Yarraville ■ West Footscray ■

To register or for more information about the above programs please visit www.activemaribyrnong.com.au

SPACES LIMITED

For more information visit us on Facebook 'Active Maribyrnong' or contact the Maribyrnong City Council Health and Wellbeing Team at active@maribyrnong.vic.gov.au or call 9688 0200



Find us on Facebook Active Maribyrnong