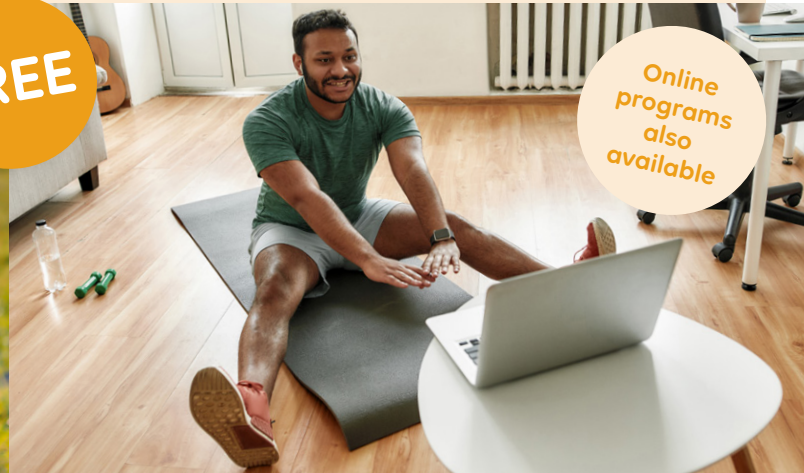


2020

SPRING INTO SUMMER SERIES



FREE



A range of 4-week health and wellbeing programs delivered both online and around the City of Maribyrnong

MONDAY 23 NOVEMBER – SUNDAY 20 DECEMBER 2020

Registrations open Monday 2 November

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAY-TIME	Outdoor Stretch Class 10.30-11.30am	Meditation & Relaxation (ONLINE) 10-11am	Post-natal Yoga 9-10am	Cardio Boxing in the Park 8-8.45am	Music for Hip Toddlers (ONLINE) 10-10.45am	Group Fitness Outdoors 8-8.45am	Women's Self Defence 9-9.45am
	Walking Group 11-11.45am	Hatha Yoga in the Park 11.30am-12.30pm		Women's Only Yoga (ONLINE) 10-11am	Pre-School Dance 11.15-11.45am	Pre-natal Yoga 9-10am	Family Taekwondo 10-10.45am
	Laughter Yoga with Jacci (ONLINE) 12.30-1.30pm	Bollywood Fitness (ONLINE) 12.30-1.30pm	Zumba (ONLINE) 11.30am-12.15pm	Mat Pilates (ONLINE) 12.30-1.10pm	Group Fitness (ONLINE) 12.30-1.05pm	Art and Music Therapy 11.30am-12.15pm	Body Pump (ONLINE) 10.30-11.20am

AFTERNOON / EVENING	Yoga (ONLINE) 6-7pm	Teen Fitness in the Park 4.45-5.30pm	Outdoor Zumba: Jiggle, Wiggle & Giggle 5.30-6.20pm	Beginner Dance Class for Adults (ONLINE) 5.30-6.15pm			Yoga in the Park 4-5pm
	Yoga in the Park 6-7pm	Bollywood Fitness in the Park 6-7pm	Pilates (ONLINE) 6-7pm				Pilates in the Park 5-6pm

Register at www.activemaribyrnong.com.au

For further information email active@maribyrnong.vic.gov.au or call 9688 0200