

FREE

2021

SPRING INTO SUMMER SERIES

A range of 5-week physical activity and wellbeing programs delivered around the City of Maribyrnong and online

MONDAY 15 NOVEMBER – SUNDAY 19 DECEMBER 2021

Registrations open Friday 22 October



Register at www.activemaribyrnong.com.au

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAYTIME	Outdoor High Intensity Training 6.15-7am Barrett Reserve	Outdoor Group Fitness 6.15-7am Barrett Reserve	Public Exercise Equipment Intermediate Program 7.30-8am or 8.15-8.45am or 9-9.30am or 9.45-10.15am Maribyrnong River Trail	Outdoor Group Fitness 6.15-7am Barrett Reserve	Outdoor High Intensity Training 6.15-7am Barrett Reserve	The Man Walk 8.30-9.15am Dobson Reserve	Pre-natal Yoga 8.30-9.30am Beaton Reserve
	Public Exercise Equipment Beginner Program 7.30-8am or 8.15-8.45am or 9-9.30am or 9.45-10.15am Burton Crescent Reserve	Yoga in the Park 9-10am Braybrook Park	Post-natal Yoga 9.30-10.30am Yarraville Gardens	Drawing in the Park 10am-12pm Braybrook Park	Public Exercise Equipment Intermediate Program 7.30-8am or 8.15-8.45am or 9-9.30am or 9.45-10.15am Cruikshank Park	Beginner Running Program 9.30-10.30am Coulson Gardens	Learn to Cycle in Groups 9.30-11am Community Bike Hub
	Yoga with Natalija 10-10.50am ONLINE				Outdoor Chair Yoga 10-11am Braybrook Park	Junior Y Tennis (4-7yo) 10-10.30am RecWest Footscray	Outdoor Stretch Class 10-11am Yarraville Gardens
	Outdoor Tai Chi for Mind Power & Memory 1.30-2.20pm Ernie Shepherd Gardens	Have a dance with Sami 10-10.50am ONLINE	Outdoor MetaFIT with Manilyn 10.30-11.20am Robert Barrett Reserve	TinY Tots Gymnastics (3-5yo) 11-11.45am RecWest Braybrook	Pre-School Dance (3-5yo) 11.30am-12pm Johnson Reserve	Junior Y Tennis (8-10yo) 10.45-11.15am RecWest Footscray	Outdoor Women's Self Defence 11.30-12.20pm Ernie Shepherd Gardens
	Outdoor Introduction to Iyengar Yoga with Madeline 1.45-2.30pm Beaton Reserve	Seniors Strength Exercise 11am-12pm RecWest Footscray	Outdoor MetaFIT with Manilyn 10.30-11.20am Robert Barrett Reserve	Outdoor Yoga with Natalija 12.30-1.20pm Robert Barrett Reserve	Strength GOLD with Bo 12.30-1.20pm ONLINE	Outdoor Kendo Fitness 11am-12pm Footscray Park (behind VU)	Public Exercise Equipment Intermediate Program 11.30-12.20pm Ernie Shepherd Gardens
Outdoor Introduction to Iyengar Yoga with Madeline 1.45-2.30pm Beaton Reserve	Seniors Strength Exercise 11am-12pm RecWest Footscray	Meditation 12-12.45pm ONLINE	Outdoor Yoga with Natalija 12.30-1.20pm Robert Barrett Reserve	Public Exercise Equipment Beginner Program 12.30-1pm or 1.15-1.45pm or 2-2.30pm Burton Crescent Reserve	Balance Your Life 11.30am-12.15pm Yarraville Gardens	Public Exercise Equipment Intermediate Program 12.30-1pm or 1.15-1.45pm or 2-2.30pm Maribyrnong River Trail	
AFTERNOON / EVENING	Beginner Scooter Program 4-4.30pm or 5.30-6pm Highpoint Skate Park	Kids Yoga in the Park (5-12yo) 4-4.50pm Beaton Reserve	Junior Netball Program (5-10yo) 4-4.45pm RecWest Braybrook	Outdoor Beginner Taekwondo 5.30-6.20pm Ernie Shepherd Gardens	Walking Group 1-2pm Coulson Gardens	Public Exercise Equipment Intermediate Program 12.30-1pm or 1.15-1.45pm or 2-2.30pm Cruikshank Park	Family Volleyball Program 2-2.50pm or 3-3.50pm RecWest Braybrook
	Beginner Skateboard Program 4.45-5.15pm or 6.15-6.45pm Highpoint Skate Park	Public Exercise Equipment Intermediate Program 5.30-6pm or 6.15-6.45pm or 7-7.30pm or 7.45-8.15pm Maribyrnong River Trail	Beginner Junior Hockey Program (4-10yo) 5.15-6pm Footscray Hockey Club				
	MinY Basketball (8-12yo) 5-5.45pm RecWest Braybrook	Outdoor High Intensity Training 6-6.45pm Barrett Reserve	Public Exercise Equipment Beginner Program 5.30-6pm or 6.15-6.45pm or 7-7.30pm or 7.45-8.15pm Footscray Park	Outdoor CrossTraining with Daniel 6-6.50pm Robert Barrett Reserve	Strength & Lifting Technique for Beginners 6-7pm RecWest Footscray	Outdoor Aerobics with Alex 4.30-5.15pm Pipemakers Park	Yin Yoga in the Park 4-4.50pm Coulson Gardens
	Yoga in the Park 6.30-7.30pm Beaton Reserve	Outdoor Introduction to Iyengar Yoga with Amy 6-6.50pm Beaton Reserve	Outdoor Zumba: Jiggle, Wiggle & Giggle 6-6.50pm Beaton Reserve				Outdoor Meditation 6.30-7.30pm Beaton Reserve
	Beginner Running Program 7.30-8.30pm Coulson Gardens	Bollywood Fitness in the Park 7-8pm Beaton Reserve	Pilates in the Park 7-8pm Beaton Reserve	Outdoor Meditation 6.30-7.30pm Beaton Reserve	Ladies Tennis Program 7-8.30pm Yarraville Tennis Club	Outdoor Aerobics with Alex 4.30-5.15pm Pipemakers Park	Pilates in the Park 5-5.50pm Coulson Gardens