



# Active in Parks

A Healthy Parks Healthy People program

## Who can be involved?

Anyone 18+ years that could benefit from making positive lifestyle changes.

All fitness levels and abilities welcome.

## 8 Week activity program – 1 hour duration

Activities include:

- ◆ Walking
- ◆ Park Games
- ◆ Yoga, Pilates, Tai Chi
- ◆ Group Exercise
- ◆ Frisbee, boxing

## Outdoor Adults

Enjoy the great outdoors  
Meet new friends  
Get fit!

For further enquiries contact:

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**LEISURE NETWORKS**

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*COST: \$5.00 per session*

<b>Belmont</b>	<b>MON</b> 9.30am	<b>Barwon Valley Park</b> Barrabool Rd
<b>Corio</b>	<b>MON</b> 11.00am	<b>Cloverdale Community House</b> Purnell Rd
<b>Drysdale</b>	<b>TUES</b> 9.30am	<b>Drysdale Recreation Centre</b> Wydham St
<b>Bannockburn</b>	<b>WED</b> 9.15am	<b>Bannockburn Lions Club</b> Bannockburn-Shelford Rd



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