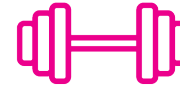




HEALTHY *Active* HIGHLANDERS

EMERALD
1 MARCH - 22 MAY 2021



| | MON | TUES | WED | THURS | FRI | SAT |
|-----------------|--|--|---|--|-----|---|
| 6.00 AM | Tighten and Tone Botanic Gardens McIndoe Entrance Ash | Pilates Supper Room Town Hall Rosie | Circuit Botanic Gardens McIndoe Entrance Ash | Metafit McIndoe Park Function Centre Jocelyn | | |
| 7.00 AM | | | | | | Park Run Botanic Gardens McIndoe Entrance |
| 8.30 AM | | | | | | Saturday Smasher McIndoe Park Function Centre/ Field 1 Jocelyn |
| 9.30 AM | | | HIIT McIndoe Park Function Centre Tara | | | |
| 11.00 AM | | | | Tai Chi McIndoe Park Function Centre Rosie | | |
| 5.30 PM | Yoga Rundle Park Phillipa | Yoga & Mindfulness Botanic Gardens Windmill Kelly | | Yoga & Mindfulness Botanic Gardens Windmill Kelly | | |