



HEALTHY *Active* HIGHLANDERS

SPRINGSURE
1 MARCH - 22 MAY 2021



	MON	TUES	WED	THURS	FRI	SAT
10.00 AM				Pilates/Barre Town Hall Cate		
11.30 AM	Tai Chi Town Hall Rosie					

Healthy Active Highlanders is a **FREE** 12-week program funded by the Central Highlands Regional Council that encourages males and females of all ages and stages to get out and get active.

These fun, no obligation sessions are conducted by qualified instructors.