

	Date	Session Time & Location	Description			
MONDAY	8 April 2024 15 April 2024 22 April 2024 29 April 2024 6 May 2024 13 May 2024 20 May 2024 27 May 2024	Pilates w/ Alex Hurt 12.00pm - 1.00pm Palmerston Recreation Centre 11 the Blvd, Palmerston	Whole body workout for all fitness levels. Focusing on core and pelvic floor strengthening. Exercises are performed on a yoga mat to promote strength, stability and flexibility. Exercises can easily be adapted for all abilities and levels of experience. Bring: Yoga matt, water bottle, towel, comfortable clothing Bookings: Text 0408 792 349			
	TUESDAY	9 April 2024 16 April 2024 23 April 2024 30 April 2024 7 May 2024 14 May 2024 21 May 2024 28 May 2024	Pickle Ball & Social Tennis Social Tennis 6:30pm - 8:45pm Pickleball 7:00pm - 8:00pm Palmerston Tennis Centre 16 Bonson Tce, Moulden	Pickle Ball is played with paddles and a perforated hollow plastic ball and is considered a version of tennis suitable for all skill levels and age groups. Social tennis will also be available so everyone can participate in way they find enjoyable. Bring: Hat, water bottle, and enclosed shoes Bookings: Not required		
		WEDNESDAY	10 April 2024 17 April 2024 24 April 2024 30 April 2024 8 May 2024 15 May 2024 22 May 2024 29 May 2024	Gym for Growth & Development 9.30am - 10.30am Palmerston Recreation Centre 11 the Blvd, Palmerston	Gym 4 Growth & Development (G4GD®) is an engaging program for infants and children up to four years old, designed to promote physical and cognitive development. Through music, dance, and various activities targeting coordination and sensory integration, G4GD® offers caregivers a valuable opportunity to bond with their children during this formative stage. No requirements	
			THURSDAY	11 April 2024 18 April 2024 25 April 2024 - ANZAC Day no activities 2 May 2024 9 May 2024 16 May 2024 23 May 2024 30 May 2024	Tri It !!! 6:00am - 7:00am SWELL Palmerston 16 Bonson Tce, Moulden	Build fitness, skills, and confidence to one day tackle a Triathlon in a friendly and supportive group environment. These sessions are a combination of swim and run by accredited Triathlon Australia Development Coach - Jules so you know you're in good hands. Even if you don't hold an ambition to eventually compete, triathlon training is a great way to improve your fitness, health & wellbeing and make new friends. Bring: Running shoes, water bottle, towel, swim wear Bookings: Text 0413 187 778 or email teamaquariumtri@gmail.com

FREE CLASSES FOR THE PALMERSTON COMMUNITY

	Date	Session Time & Location	Description		
FRIDAY	12 April 2024 19 April 2024 26 April 2024 3 May 2024 10 May 2024 17 May 2024 24 May 2024 31 May 2024	F45 Palmerston 5.30pm - 6.30pm Zuccoli Plaza Shop 14, Zuccoli Prd, Zuccoli	F45 training Palmerston offer functional group fitness classes reimagined. We are more than just a gym. We are the total wellness solution for everybody. With 5,000+ dynamic, energy-packed movements and over 80 workouts offered, we help you unlock your inner athlete. We are the workout you always wanted with the team you didn't know you needed. Bring: Active Wear, closed in shoes, water bottle, towel. Bookings: Email palmerston@f45training.com.au with you personal details to make a booking		
	SATURDAY	13 April 2024 20 April 2024 27 April 2024 4 May 2024 11 May 2024 18 May 2024 25 May 2024 1 June 2024	Zumba w/ Ur Fitness DJ 9.00am - 9.45am Palmerston Recreation Centre 11 the Blvd, Palmerston	Zumba® Fitness a latin-inspired dance workout. Perfect for everybody and everybody! Often called exercise in disguise. Bring: active wear, closed in shoes, water bottle and towel Bookings: Yes you MUST book at www.urfitnessdj.com.au	
		SUNDAY	14 April 2024 21 April 2024 28 April 2024 5 May 2024 12 May 2024 19 May 2024 26 May 2024 2 June 2024	Get Wet - Get Fit 10.00am - 11.00am SWELL Palmerston 16 Bonson Tce, Moulden	A family friendly all ages introduction to swimming for fitness. Participants must be capable of swimming 25 meters continuously of any identifiable stroke without assistance. A qualified swimming instructor will facilitate activities to build fitness and correct stroke. Bring: Appropriate swimwear, towel, water bottle Bookings: Not required