

# FEBRUARY & MARCH TIMETABLE 2024

FREE CLASSES FOR THE PALMERSTON COMMUNITY

	Date	Session Time & Location	Description
MONDAY	5 February 12 February 19 February 26 February 4 March 11 March 18 March 25 March	<b>Breathwork and Meditation</b> 5.30pm Community Room, City of Palmerston Library	Join a guided breathing practice and meditation class that will help you calm your mind and feel more relaxed and at ease.  <b>Bookings:</b> Not required <b>Designed for:</b> All ages
	6 February 13 February 20 February 27 February 5 March 12 March 19 March 26 March	<b>Tri it! Triathlon Skills and Fitness</b> 6am SWELL Palmerston, Moulden  <b>Tai Chi with Tom</b> 12.30pm Community Room 2, Palmerston Recreation Centre	Swim & run for triathlon fitness. Please bring bathers, goggles, towel, running shoes, clothes for running.  <b>Bookings:</b> teamaquariumtri@gmail.com or text 0413187778 <b>Designed for:</b> All ages  Tai Chi exercises suitable for all age groups, particularly seniors.  <b>Bookings:</b> Not required <b>Designed for:</b> All ages
WEDNESDAY	7 February 14 February 21 February 28 February 6 March 13 March 20 March 27 March	<b>F45 Palmerston</b> 5.30pm Shop 14 Zuccoli Plaza, Zuccoli Parade	A range of cardio, resistance, and hybrid training. 45 mins and you're done! Everything is easy to follow along with. Beginners through to advanced welcome!  <b>Bookings:</b> palmerston@f45training.com.au <b>Designed for:</b> Ages 16+

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THURSDAY	8 February 15 February 22 February 29 February 7 March 14 March 21 March 28 March	<b>Pilates with Alex Hurt</b> 5.30pm Community Room 2, Palmerston Recreation Centre	A great whole-body workout for all fitness types, focusing on core and pelvic floor strengthening and using a traditional Pilates method without props.  <b>Bookings:</b> pilateswithalexhurt.com or message 0408792349 <b>Designed for:</b> All ages
	9 February 16 February 23 February 1 March 8 March 15 March 22 March	<b>Heart Foundation Walking Group</b> 8.30am Palmerston Shopping Centre (meet at the top of the escalator)	Build connections in your local community and walk towards a healthier heart. The walk is around Palmerston Shopping Centre, enjoying the cool air conditioning and includes a coffee at Bean Juice afterwards.  <b>Bookings:</b> Register as a new walker to Get Active Walking Group online at <a href="http://walking.heartfoundation.org.au/walking">walking.heartfoundation.org.au/walking</a> <b>Designed for:</b> All ages
SATURDAY	10 February 17 February 24 February 2 March 9 March 16 March 23 March	<b>Yoga with Lara Grady</b> 9am Community Room 1, Palmerston Recreation Centre	Accessible yoga for people of all ages and abilities. Please bring yoga mat and water bottle.  <b>Bookings:</b> Not required <b>Designed for:</b> All ages
SUNDAY	11 February 18 February 25 February 3 March 10 March 17 March 24 March	<b>Get Wet, Get Fit</b> 10am SWELL Palmerston, Moulden	A family friendly all ages introduction to swimming for fitness. Qualified instructors will lead the classes, which are divided according to age and ability.  <b>Bookings:</b> Not required <b>Designed for:</b> All ages