

SPRING

INTO

A range of 5-week physical activity and wellbeing programs delivered around the City of Maribyrnong and online

SUMMER

SEPTILES



**Monday 30 October –
Sunday 3 December 2023**

Registrations open Monday 16 October

Register at activemaribyrnong.com.au

For further information email active@maribyrnong.vic.gov.au or call 9688 0200

 Find us on Facebook **Active Maribyrnong**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength and Conditioning 7.15-8am RecWest Footscray	Nature Warriors Maribyrnong 9.30-11.30am Pipemakers Park 	Running Club 7.15-8.15am RecWest Footscray	Kanga Training 10-11am Maribyrnong Community Centre	Full Body Workout 7.15-8am RecWest Footscray	Prenatal Yoga 9-10am Beaton Reserve 	Full Body Workout 10-10.45am RecWest Footscray
Mums and Bubs 9.15-10am Maribyrnong Aquatic Centre		Strength and Conditioning 7.15-8am RecWest Footscray				Tai Chi 1.15-2pm Maribyrnong Aquatic Centre
Midday Stretching 1-1.30pm RecWest Footscray	Art in the Park 10am-12pm Aeroplane Park 	KangaMix 9.15-10.15am Cruickshank Park – McNish Reserve	Get into Golf 5.15-5.45pm Medway Golf 	Nature Warriors Maribyrnong 9.30-11.30am Newells Paddock	Walking Group 9.45-10.30am Meet at Maribyrnong Aquatic Centre	
Tai Chi for Mind Power and Memory 1-2pm Maidstone Community Centre		Pryme Movers (+55) 11.15am-12pm RecWest Footscray				Qigong and Tai Chi 5-6pm Nicholson Street Mall
Senior Social Sports 1.30-3.30pm RecWest Braybrook	Qigong and Tai Chi 10.30-11.30am Footscray Library	Teen Group Fitness Class 4.30-5.15pm Maribyrnong Aquatic Centre	Learn to Ride Program 5.30-7pm Pipemakers Park	Pryme Movers (+55) 11.15am-12pm RecWest Footscray		
Girls only basketball training (13-18 year olds) 5-6pm RecWest Braybrook	All Abilities Class 11.30am-12.15pm Maribyrnong Aquatic Centre 	Beginners-Intermediate running program 5.30-6.30pm Meet at Anglers Tavern car park	Introduction to Lifting Weights 7.15-8pm RecWest Footscray 	Midday Stretching 1-1.30pm RecWest Footscray		
Yoga with Natalija 6.30-7.30pm Beaton Reserve		Bollywood Dance & Fitness 6.30-7.30pm Beaton Reserve	Yoga for beginners 6.30-7.30pm Coulson Gardens	Aqua Class 7.30-8.15pm Maribyrnong Aquatic Centre	Ladies Tennis 7-8.30pm Yarraville Tennis Club	
Body Weight Circuit Class 7.15-8pm RecWest Footscray		Core Group Fitness Class 7.15-8pm RecWest Footscray				
		Breathwork – Balance Your Life 8-8.40pm ONLINE				