

# SPRING INTO SUMMER SERIES

A range of 4-week physical activity and wellbeing programs delivered around the City of Maribyrnong



**11 November – 8 December 2024**

Registrations open 28 October. Register at [activemaribyrnong.com.au](http://activemaribyrnong.com.au)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
<p><b>Tai Chi</b> 1-2pm Maidstone Community Centre</p>	<p><b>Nature Warriors Maribyrnong</b> 9.30-11.30am Burndap Park</p>		<p><b>Mums and Bubs Exercise Class</b> 11.30am-12.15pm Maribyrnong Aquatic Centre</p>	<p><b>Express Workout</b> 7.15-7.45am RecWest Footscray</p>	<p><b>Prenatal Yoga</b> 9-10am Beaton Reserve</p>	<p><b>Family Fitness</b> 10-10.45am RecWest Footscray</p>
<p><b>Bootcamp Box</b> Session 1 6pm Session 2 6.30pm Maribyrnong Aquatic Centre</p>	<p><b>Walking Football</b> 10-11am RecWest Braybrook</p>			<p><b>Nature Warriors Footscray</b> 9.30-11.30am Newells Paddock</p>	<p><b>Zumba</b> 10-10.45am RecWest Footscray</p>	
<p><b>Hatha Flow Yoga</b> 6.30-7.30pm Beaton Reserve</p>	<p><b>Hot Shots</b> 4.30-5.30pm Henry Turner Reserve Public Tennis Court</p>	<p><b>Zumba</b> 6-6.45pm RecWest Braybrook</p>	<p><b>Braybrook Social Pickleball</b> 3-5.30pm RecWest Braybrook</p>	<p><b>Play Gym</b> 11-11.45am RecWest Braybrook</p>	<p><b>Kids Bike Skills Development Session</b> 10am-12pm Hansen Reserve</p>	<p><b>Open Gym Hour</b> 11am-12pm RecWest Footscray</p>
<p><b>Pilates</b> 7-7.45pm Maribyrnong Aquatic Centre</p>	<p><b>HIIT Fit (Cardio Tennis)</b> 5.30-6.30pm Henry Turner Reserve Public Tennis Court</p>		<p><b>Junior Cricket Clinic</b> 4.30-5.15pm Dobson Reserve</p>	<p><b>Zumba</b> 6-7pm Yarraville Community Centre</p>	<p><b>Body Pump</b> 11-11.45am RecWest Footscray</p>	
<p><b>Table Tennis</b> 7-9.30pm RecWest Braybrook</p>	<p><b>Yoga</b> 6.30-7pm Beaton Reserve</p>		<p><b>Bollywood</b> 7-7.30pm Beaton Reserve</p>	<p><b>Open Run</b> 6.30-8.30pm RecWest Footscray</p>	<p><b>Muay Thai for Women</b> 11.30am-12.30pm JS Muay Thai Gym</p>	<p><b>Lawn Bowls</b> 11am-2pm Rosamond Bowling Club</p>

BRAYBROOK ■ MAIDSTONE ■ MARIBYRNONG ■ FOOTSCRAY ■ WEST FOOTSCRAY ■ YARRAVILLE ■