



**FITNESS  
IN THE  
PARK  
2017**



## LOCATIONS

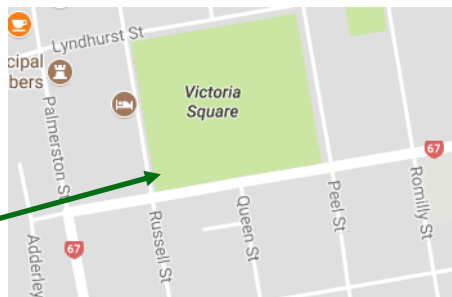
PERC Turf



North Beach



Victoria Square



Gates of Remembrance

[www.sporttasman.org.nz/fitnessinthepark](http://www.sporttasman.org.nz/fitnessinthepark)

If you require any further information or are unable to register online, please contact Wendy Bettjeman 789 6779 or [wendy.bet@sporttasman.org.nz](mailto:wendy.bet@sporttasman.org.nz)



# FITNESS IN THE PARK 2017



**11 NOV - 17 DEC**

[www.sporttasman.org.nz/fitnessinthepark](http://www.sporttasman.org.nz/fitnessinthepark)



**SPORT TASMAN**  
more people, more active, more often




**Ph 789 6779**



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# CLASS TIMETABLE & INFO

Welcome to Fitness in the Park 2017! Registration is **FREE** and only takes a couple of minutes to complete online at [www.sporttasman.org.nz/fitnessintheparkbuller](http://www.sporttasman.org.nz/fitnessintheparkbuller)

Date	Class Details	Class Description	Fitness Provider
Saturday 11th November	<b>Yoga</b> Pia 11am @ Victoria Square (Gates of Remembrance)	Yoga for everyone. Please bring a mat or towel (limited number supplied).	<b>Kawatiri Yoga Collective</b>
Saturday 18th November	<b>Kids Fit</b> Hanna/Alison 10am @ Victoria Square	Fun friendly exercise for ages 7-10 years old. Bring a drink bottle and sweat towel.	
Sunday 26th November	<b>Acro Balance</b> Hannah Green 10am @ Victoria Square (Gates of Remembrance)	A mixture of yoga & acrobatics. Bring a friend, fun for everyone. Please bring a mat or towel (limited number supplied).	<b>Kawatiri Yoga Collective</b>
Saturday 2nd December	<b>Step</b> Erin Adams 9am @ PERC Turf	Aerobic step class for beginners to the die hard step fans! Work up a sweat. And bring a drink bottle and sweat towel.	
Saturday 9th December	<b>HIIT - Boot Camp Style</b> Pulse Energy Recreation Centre 10am @ North Beach	This class is aimed for those wanting to be pushed to the limits and get a good sweat up. Make sure you bring your drink bottle to this one!	
Sunday 17th December	<b>Yoga</b> Hana Colligan 10am @ Victoria Square (Gates of Remembrance)	Perfect full body stretch Yoga class. Please bring a mat or towel (limited number supplied).	<b>Kawatiri Yoga Collective</b>