

# GET ACTIVE IN DAREBIN

FREE

## WINTER

MONDAY 12TH JULY UNTIL SATURDAY 21ST AUGUST

ACTIVITY	LOCATION	SUBURB	STARTS	FINISHES	TIME
<b>MONDAY</b>					
QI GONG	PRACE (Preston Reservoir Adult Community Education)	Reservoir	12 JULY	16 AUGUST	9.30 - 10.30am
<b>TUESDAY</b>					
CYCLE	Reservoir Leisure Centre	Reservoir	13 JULY	17 AUGUST	12 - 12.30pm
<b>WEDNESDAY</b>					
PILATES	Preston City Oval Function Room	Preston	14 JULY	18 AUGUST	9.30 - 10.30am
YOGA	East Preston Community centre	East Preston	14 JULY	18 AUGUST	6 - 7pm
<b>THURSDAY</b>					
MEDITATION/CHAIR YOGA	East Preston Community centre	East Preston	15 JULY	19 AUGUST	9.30 - 10.30am
<b>FRIDAY</b>					
TAI CHI	W.R Ruthvren Reserve	Preston	16 JULY	20 AUGUST	9.30 - 10.30am
FAMILY FRIENDLY ZUMBA	Reservoir Leisure Centre	Reservoir	16 JULY	20 AUGUST	2 - 3pm
<b>SATURDAY</b>					
PARK RUN	CT Barling	Reservoir	17 JULY	21 AUGUST	8 - 9am

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