



# GREAT FREE ACTIVITIES TO GET FAMILIES MORE ACTIVE THIS APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				<p>Premier's Active April encourages all Victorians to do 30 minutes of physical activity a day during April. It's free, it's fun and it's part of the Victorian Government's commitment to get more people active and healthy.</p> 			<p><b>Register today:</b>  <a href="http://www.activeapril.vic.gov.au">www.activeapril.vic.gov.au</a></p>
<b>1st</b>	<b>2nd</b> 6am YMCA <b>HIIT</b> (High intensity interval training) YMCA, Bentinck St  6.30-7.00pm PT@HOME Ice (Intense Cardio Exercise), 4 Blair St	<b>3rd</b> 6.15-7am BFF Fit4Life BFF Studios Percy St  10.30am PT@HOME ICE & Stretch & 6.30-7.00pm PT@HOME BOX'n Sweat, 4 Blair St  6.30-7.00pm PT@HOME BOX'n Sweat, 4 Blair St	<b>4th</b> 6am YMCA <b>HIIT</b> (High intensity interval training) YMCA, Bentinck St  9-10am Fawthrop Lagoon walk Hood St car park  6.30-7.00pm PT@HOME ICE, 4 Blair St	<b>5th</b> 6.15-7am BFF Transform BFF Studios Percy St  6.00-6.30pm PT@HOME ICE, 4 Blair St	<b>6th</b> 6am YMCA <b>HIIT</b> (High intensity interval training) YMCA, Bentinck St	<b>7th</b> Park Run 8am Fawthrop Lagoon, Hood St Car Park	
<b>8th</b>	<b>9th</b> 6am YMCA <b>HIIT</b> (High intensity interval training), YMCA, Bentinck St  6.30-7.00pm PT@HOME Ice (Intense Cardio Exercise) 4 Blair St	<b>10th</b> 6.15-7am BFF Fit4Life BFF Studios, Percy St  10.30am PT@HOME ICE & Stretch & 6.30-7.00pm PT@HOME BOX'n Sweat, 4 Blair St  10.30am – 11.30am YMCA 50+ Gym at the YMCA, Bentinck St  6.30-7.00pm PT@HOME BOX'n Sweat, 4 Blair St	<b>11th</b> 6am YMCA <b>HIIT</b> (High intensity interval training) YMCA, Bentinck St  9-10am Fawthrop Lagoon walk Hood St car park  6.30-7.00pm PT@HOME ICE, 4 Blair St	<b>12th</b> 6.15-7am BFF Transform BFF Studios Percy St  6.00-6.30pm PT@HOME ICE, 4 Blair St	<b>13th</b> 6am YMCA <b>HIIT</b> (High intensity interval training) YMCA, Bentinck St	<b>14th</b> Park Run 8am Fawthrop Lagoon, Hood St Car Park	
<b>15th</b>	<b>16th</b> 6am YMCA <b>HIIT</b> (High intensity interval training)  6.30-7.00pm PT@HOME Ice (Intense Cardio Exercise)  Both at foreshore (adjacent to skatepark)	<b>17th</b> 6.15-7am BFF Fit4Life, foreshore  10.30am PT@HOME ICE & Stretch Foreshore (adjacent to skatepark)  10.30am – 11.30am YMCA 50+ Gym at the YMCA, Bentinck St  6.30-7.00pm PT@HOME BOX'n Sweat, foreshore	<b>18th</b> 6am YMCA <b>HIIT</b> (High intensity interval training) Foreshore (adjacent to skatepark)  9-10am Fawthrop Lagoon walk, Hood St car park  6.30-7.00pm PT@HOME ICE, foreshore	<b>19th</b> 6.15-7am BFF Transform Foreshore  <u>Come n Try Flow Yoga</u> 8 – 8:30am FLOW STUDIO, 15 Tyers St  6.00-6.30pm PT@HOME ICE, foreshore	<b>20th</b> 6am YMCA <b>HIIT</b> (High intensity interval training) Foreshore (adjacent to skatepark)  <u>Come n Try Flow Yoga</u> 8 – 8:30am FLOW STUDIO, 15 Tyers St	<b>21st</b> Park Run 8am Fawthrop Lagoon, Hood St Car Park	
<b>22nd</b>	<b>23rd</b> 6am YMCA <b>HIIT</b> (High intensity interval training) YMCA, Bentinck St  6.30-7.00pm PT@HOME Ice (Intense Cardio Exercise) 4 Blair St	<b>24th</b> 6.15-7am BFF Fit4Life BFF Studios, Percy St  10.30am – 11.30am YMCA 50+ Gym at the YMCA, Bentinck St  10.30am PT@HOME ICE & Stretch & 6.30-7.00pm PT@HOME BOX'n Sweat, 4 Blair St	<b>25th</b> 6am YMCA <b>HIIT</b> (High intensity interval training), YMCA, Bentinck St  9-10am Fawthrop Lagoon walk Hood St car park  6.30-7.00pm PT@HOME ICE, 4 Blair St	<b>26th</b> 6.15-7am BFF Transform BFF Studios, Percy St  6.00-6.30pm PT@HOME ICE, 4 Blair St	<b>27th</b> 6am YMCA <b>HIIT</b> (High intensity interval training) YMCA, Bentinck St	<b>28th</b> Park Run 8am Fawthrop Lagoon, Hood St Car Park	
<b>29th</b>	<b>30th</b> 6.30-7.00pm PT@HOME Ice (Intense Cardio Exercise) 4 Blair St						