

Fitness in the Parks

Frequently Asked Questions

Is Fitness in the Parks Free?

Yes, Fitness in the Parks is a free 8 week exercise program offered outside in our stunning parks and reserves. The program runs twice per year in Autumn and Spring.

Do I need to book?

No, there is no need to book, just turn up on the day. You must read and sign a waiver and register at each session.

What do I need to bring?

For sessions such as yoga and Pilates you need to bring your own mat or towel. We also advise bringing a water bottle.

I'm a beginner, are the classes suitable for me?

Absolutely, beginners are encouraged to get involved. All instructors are fully qualified and will be able to make appropriate adjustments to the workout to suit your needs.

Can children attend?

Yes, Fitness in the Parks is open to everyone but children must be supervised by a responsible adult at all times.

What happens if it is raining?

If it is pouring down or a storm the class will not take place, an alternate indoor venue will not be provided. If it's just a light drizzle or shower the class will still take place. If you are unsure please call 8366 4200 on the day of the class.

What happens if it's too hot?

If the weather is forecast to be over 35 degrees Celsius the class will not take place and an alternate indoor venue will not be provided.

I don't live in Burnside, can I still attend?

Absolutely, the more the merrier.

What do I wear?

Comfortable leisure wear and enclosed, comfortable trainers.

Who do I contact for further information?

Contact the Community Development Team on 8366 4200 or email communitydevelopment@burnside.sa.gov.au