

A great way to enjoy fitness in our beautiful parks

# Fitness in the Parks

12 MARCH - 19 MAY 2024

All sessions are FREE, with qualified instructors, suitable for all ages and offered in our stunning parks.

**TUESDAYS**  
**Zumba**

12.30 pm - 1.30 pm  
Newland Reserve

**WEDNESDAYS**  
**EasyFit Starter**

11.30 am - 12.30 pm  
Kensington  
Gardens Reserve

**THURSDAYS**  
**Yoga**

12.30 pm - 1.30 pm  
Hazelwood Park

**SATURDAYS**  
**Pilates**

10 am - 11 am  
Tusmore Park

More information:  
8366 4200 | [communitydevelopment@burnside.sa.gov.au](mailto:communitydevelopment@burnside.sa.gov.au)  
[burnside.sa.gov.au/Fitness-in-the-Parks](http://burnside.sa.gov.au/Fitness-in-the-Parks)



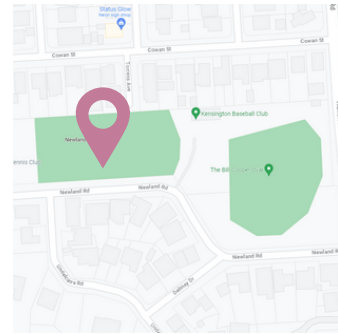
# Fitness in the Parks

ZUMBA

**Tuesdays 12.30 pm - 1.30 pm**

## NEWLAND RESERVE

Join in this Latin-inspired dance fitness workout that incorporates international music and moves. It may entice you out of your normal comfort zone, along with everyone else in the class. Enjoy low impact moves to produce cardio benefits, toning of the arms, legs and core. The class is suitable for all ages and abilities and is a great way to enjoy fitness in our beautiful parks.



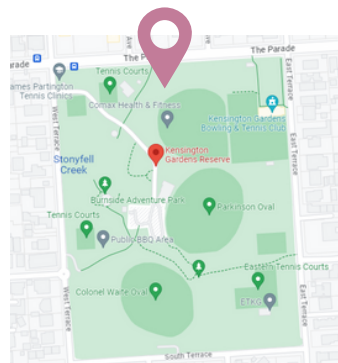
grassed area nearest tennis courts

EASYFIT STARTER

**Wednesdays 11.30 am - 12.30 pm**

## KENSINGTON GARDENS RESERVE

Discover the joy of fitness with a variety of fun and beginner-friendly exercises that target different muscle groups in our group fitness session. This is an exciting opportunity to not only learn new exercises but also enhance your cardio fitness and build muscular strength. This is suitable for all ages and abilities. Join us on a journey to a healthier, stronger you!



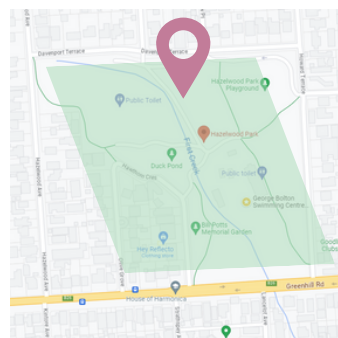
outdoor machines closest to The Parade

YOGA\*

**Thursdays 12.30 pm - 1.30 pm**

## HAZELWOOD PARK

An uplifting Hatha Yoga class for all levels and ages. Breathe amongst the trees, feel grounded, calm the mind, boost energy, and build flexibility, balance and strength\*



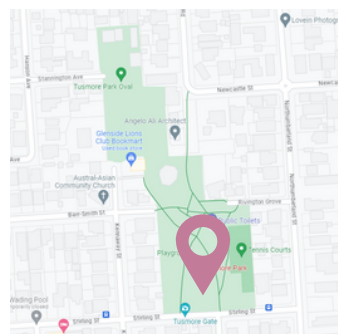
grassed area near pool boom gate off Davenport Terrace

PILATES\*

**Saturdays 10 am - 11 am**

## TUSMORE PARK

A fusion of traditional mat-work Pilates-based exercises, incorporating strength, internal awareness and balance. The health benefits of Pilates classes include improved flexibility, increased muscle strength and toning. Attention is given to the abdominal muscles, lower back, hips and buttocks.\*



grassed area close to Sterling Street



Meeting point of activity. Look for City of Burnside flag.

\* BYO mat