

Join the Million Moves Challenge this September!

Let's get moving Ballarat!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|--|--|---|---|
| 1 Strength Basics Lake Wendouree #1 11am - 11:30am BOOK | 2 Functional Basics Wendouree Neighbourhood Centre 11:30am - 12pm BOOK Chair Yoga Ballarat Library 10am - 10:30am BOOK | 3 Pilates Basics Podge Park, Wendouree 9:30am - 10am BOOK | 4 Strength Basics Victory Park, Sebastopol 9:30am - 10am BOOK | 5 Chair Yoga Sebastopol Library 10am - 10:30am BOOK | 6 Yoga Basics Vic Park 10am - 10:30am BOOK | 7 Yoga Basics Vic Park 10am - 10:30am BOOK |
| 8 Strength Basics Lake Wendouree #2 11am - 11:30am BOOK | 9 Functional Basics Wendouree Neighbourhood Centre 11:30am - 12pm BOOK Chair Yoga Ballarat Library 10am - 10:30am BOOK | 10 Pilates Basics Podge Park, Wendouree 9:30am - 10am BOOK | 11 Strength Basics Victory Park, Sebastopol 9:30am - 10am BOOK | 12 Chair Yoga Sebastopol Library 10am - 10:30am BOOK | 13 Yoga Basics Vic Park 10am - 10:30am BOOK | 14 Yoga Basics Vic Park 10am - 10:30am BOOK |
| 15 Strength Basics Lake Wendouree #3 11am - 11:30am BOOK | 16 Functional Basics Wendouree Neighbourhood Centre 11:30am - 12pm BOOK Chair Yoga Ballarat Library 10am - 10:30am BOOK | 17 Pilates Basics Podge Park, Wendouree 9:30am - 10am BOOK | 18 Strength Basics Victory Park, Sebastopol 9:30am - 10am BOOK | 19 Chair Yoga Sebastopol Library 10am - 10:30am BOOK | 20 Yoga Basics Vic Park 10am - 10:30am BOOK | 21 Yoga Basics Vic Park 10am - 10:30am BOOK |

For more information please visit our website:
www.ballarataquaticcentre.com/million-moves

