

# Spring into Action

Geelong workers, it's time to move more this October!



Provider	Promotional offer	How to book
<p><b><u>Active Feet</u></b></p> <p><b>Newtown</b> <b>89 West Fyans St</b></p> <p><b>Ocean Grove</b> <b>3/85 The Terrace</b></p>	<p>\$40 off adult footwear. In store only. Not to be used in conjunction with any other offer.</p>	<p><b>Register <a href="#">HERE</a> for instructions on how to redeem the activity offer.</b></p>
<p><b><u>Body Fit Training</u></b></p> <p><b>Geelong West</b> <b>7 Autumn Street</b></p> <p><b>Geelong North</b> <b>11 Mackey Street</b></p> <p><b>Grovedale</b> <b>15 Wilray Street</b></p>	<p>One month unlimited training at BFT for just \$59* (saving \$170!) *Introductory offer.</p>	
<p><b><u>CorePlus</u></b></p> <p><b>South Geelong</b> <b>401 Moorabool Street</b></p> <p><b>Torquay</b> <b>27 Baines Crescent</b></p>	<p>First class complimentary. 3 week unlimited mat for \$49 introductory offer. Ongoing corporate partnership of 10% off monthly direct debit memberships.</p>	

<p><b><u>Dash Gym and Wellbeing</u></b></p> <p><b>Grovedale</b> <b>2/8 Lewalan Street</b></p>	<p>Free week of access to our all-abilities and inclusive gym.</p>	<p><b>Register <a href="#">HERE</a> for instructions on how to redeem the activity offer.</b></p>
<p><b><u>DeakinACTIVE</u></b></p> <p><b>Group sessions in Johnstone Park (Geelong CBD)</b></p>	<p>Free trial pass for your first session.</p> <p>Unlimited weekly subscription \$10 per week</p> <p>Abs &amp; Core: Tuesday at 12:15pm -12:45pm Boxing: Wednesday at 12:15pm-12:45pm Bootcamp: Thursday at 12:15pm-12:45pm</p>	
<p><b><u>Geelong City Yoga</u></b></p> <p><b>Geelong</b> <b>1st floor</b> <b>46 Malop Street</b></p>	<p>50% discount for any new participant on a single, 5 or 10 class pass. That is a saving of \$12-\$110.</p>	
<p><b><u>The Rock Adventure Centre</u></b></p> <p><b>Newtown</b> <b>Rear/403 Pakington St</b></p>	<p>Two people for the price of one! Bring a friend for free or half price entry to both participants (saving \$20 per visit). Equipment hire charges apply.</p>	
<p><b><u>Royal Geelong Yacht Club</u></b> <b><u>Skiff Rowing</u></b></p> <p><b>Geelong</b> <b>25 Eastern Beach Road</b></p>	<p>Free mentored sessions on: Tuesday at 5:30pm - 7:30pm Thursday at 5:30pm - 7:30pm Sunday at 10:00am - 12:00pm Instruction and all equipment provided.</p>	

**Spirit Earth Yoga**

**Johnstone Park  
(grassed area to the west of rotunda)**

FREE Yoga in the park.  
Get out of the office and enjoy this relaxing session with Kay from Spirit of Earth Yoga.

Wednesday 18 October  
Time 12:15pm – 1:00pm

Bring you own yoga mat.

**Swim Sport & Leisure Centres  
City of Greater Geelong**

**Leisurelink - Waurm Ponds**

Pilates: Monday at 12:15pm\*  
BodyBalance: Tuesday at 5:30pm\*  
Yoga: Friday at 1:15pm\*

**Leisuretime Norlane**

Pilates: Thursday at 5:00pm\*

**Splashdown - Moolap**

BodyBalance: Thursday at 10:15am\*  
BodyPump: Saturday at 8:15am\*

**Bellarine Aquatic & Sports Centre**

BodyAttack: Sunday at 8:30am\*

**Kardinia Aquatic Centre**

FREE entry on Wednesdays in October

\*Free classes. Places are limited.

**Register HERE for instructions on how to redeem the activity offer.**

**WINE  
(Women into Nature and Exercise)  
Adventure Group**

Are you a woman over 40 and looking for an adventure? A way to socialise and get out of your comfort zone? You can enjoy 50% off any hike!

