

Laverton Community Hub

# Active Program

**Keep fit, stay safe and connected.**

## **Zumba:**

Monday 11.15am and 7pm  
Tuesday 12pm  
Saturday 8am

## **Pilates:**

Monday 6pm

## **Craft:**

Monday 6.30pm

## **Yoga**

Monday 9.30am  
Tuesday 1.30pm

## **Men's Active**

Thursday 7.30pm

## **Tai Chi**

Friday 9.30am

## **Line dancing:**

Friday 10.30am and 11.45am

**Cost:** \$5/\$2 concession

**Where** Laverton Community Hub  
95 - 105 Railway Avenue, Laverton

**Contact** Email [programs@hobsonsbay.vic.gov.au](mailto:programs@hobsonsbay.vic.gov.au)