

Laverton Community Hub

Active Program

Keep fit, make new friends, stay safe and connected.

Zumba:

Monday 11.15am and Tuesday
12pm(are currently full)

Monday 7pm

Saturday 8am

Pilates:

Monday 6pm

Craft: (no charge)

Monday 6.30pm

Yoga

Monday 10am

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 9932 3011 or email programs@hobsonsbay.vic.gov.au