ACTIVE APRIL 2021 IN THE ALPINE SHIRE

Please complete a quick survey before starting Active April. Thank you
https://www.surveymonkey.com/r/ACTIVEALPINE

COLOUR CODE

Text in Green
- **10 free passes to Bright Sports Centre (gym or pool) for locals 16 yrs & over**
- **Free 2 week pass for locals at Alpine Fitness Centre**

Text in Orange
- **Free activities**

Thursday 1

Bright Sports Centre 10 FREE passes to gym and pool available this month

OLDER ADULT FITNESS CLASS

Where: Alpine Fitness Centre, 20 Hawthorn Lane, Bright
When: 9.30am every Thursday
Cost: 2 week free gym pass for locals
Booking: (03) 5750 1137

Friday 2

Good Friday

Catch up with a friend and go for a walk. Try the Canyon Trail in Bright starting at Howitt Park head towards the Star Road bridge.

Benefits from practicing mindfulness. No special equipment or training required. https://www.betterhealth.vic.gov.au/Blog/BlogCollectionPage/mind-the-lines

Saturday 3

PARKRUN Bright & Mt Beauty

Once off registration www.parkrun.com.au/register/
Where:
Bright Mystic Landing Paddock, Morses Creek Rd
AND
Mt Beauty Library 61 Lakeside Ave
When: 8am (every Saturday)
Cost: Free

MYRTLEFORD COMMUNITY GARDEN WORKING BEE

Where: Lawrence Street, Myrtleford
When: 9am (every Saturday)
Cost: Free
More info: Allen Mitchinson 0420 211 809

Sunday 4

Easter Sunday

Indulged in some Easter choccie today? Why not head out on a walk or ride for the arvo! Check out local trail options here: https://www.visitbright.com.au/wp-content/uploads/sites/42/walks-and-trails-2018.pdf

Up Up Balloons Great activity for kids, https://app.getactive.vic.gov.au/around-home/challenges

*Ideas used from https://www.actbelongcommit.org.au/news/get-active-this-august

Monday 5

Easter Monday

Head outdoors to do some gardening to build strength, boost your mood, improve your memory and reduce stress.

Join Hershy from Alpine Fitness Centre at home workout Intense Intervals
https://youtu.be/exOMDqiJD0s

Tuesday 6

MUMS AND BUBS PILATES

Ovens Valley Physio & Pilates
Where: Shop 5, 153-159 Myrtle St, Myrtleford
When: 11am (every Tuesday)
Cost: $24 per session or $100 for 10 sessions
More info: 57511050
Requires an initial assessment

Bright U3A Casual Cycling suitable for all levels of fitness. (Need to be members of Bright U3A) If you would like to join email suevanwinden@gmail.com

Wednesday 7

While walking practice Mindfulness - focus on the stretch and movement of your muscles, the sensation of your feet touching and leaving the ground and the way your arms swing.

FLEX AND BEND SESSION (FABS)

Water exercises
Where: Bright Sport Centre Pool
When: 10.30am (every Wednesday and Friday)
Cost: $5 (can use your 10 Free Pool Pass)
More info: Heather Jackson 0407 885 042

Thursday 8

ALL TERRAIN MOTORISED WHEELCHAIR

Where: Howman's Gap Alpine Centre, Falls Creek
Cost: Free
Booking: howmansgap@ymca.org.au Or (03) 5758 3223

FREE YOGA

Funded by Bushfire Recovery Victoria.
By: The Beauty of Yoga
Where: behind Mount Beauty Library
When: 10.30am
Cost: Free
Bookings essential: Amber 0409 355 545
Bring your own mat

Friday 9

Chair Workout beginner
https://app.getactive.vic.gov.au/around-home/workouts

MYRTLEFORD LIFEBALL

A ball game for all ages and levels of fitness
Where: Myrtleford Indoor Sports Stadium
When: 11am (every Friday)
Cost: $3
More info: Jan Davey 5750 1202

Saturday 10

Enjoy a walk in the autumn weather, why not do the Mount Beauty Pondage 3km Walk.

JUNIOR MOUNTAIN BIKE RACE

Presented by Alpine Cycling Club for riders of all abilities aged 3 – 17.
Where: Falls Creek
Cost: $10
Booking essential: https://alpinecyclingclub.com.au/junior-mtb-race-series/

Sunday 11

BRIGHT COMMUNITY GARDEN AUTUMN WORKING BEE

Where: Church Street, Bright
When: 9am (11 and 25 April)
Cost: Free
More info: Katie 0425 763 434
or Nicola 0421 675 528

At home Workout with NikNok – Fit for Falls Creek https://youtu.be/rro4UPI8VYU

Monday 12

COME AND TRY REFORMER PILATES

Presented by Kiewa Valley Sports & Spinal Physiotherapy
When: 30 minute per session (max 3 people per session)
Cost: $15
Bookings essential: https://events.humanitix.com/reformer-pilates-experience-for-active-april

FLEX AND BEND SESSION (FABS)

Water exercises
Where: Bright Sport Centre Pool
When: 10.00am
Cost: $5 (can use your 10 Free Pool Pass)
More info: Heather Jackson 0407 885 042

Tuesday 13

HIGH INTENSITY INTERVAL TRAINING (HIIT)

Where: Alpine Fitness Centre
When: 6.15am (every Tuesday)
Cost: 2 week free gym pass for locals
Booking: (03) 5750 1137

FREE YOGA

Funded by Bushfire Recovery Victoria
By: Bright Yoga Space
Where: 104c Gavan Street, Bright
When: 7.00am (13 and 27 April)
Cost: Free
Bookings Essential: Emily Rose
www.brightyogaspace.com/events/activeaprilyoga

Wednesday 14

Kungiruma (1.15min) - try out this fun traditional indigenous game https://app.getactive.vic.gov.au/around-home/games

Learn how to juggle (7.09min)
https://app.getactive.vic.gov.au/around-home/challenges

MYRTLEFORD MOSAIC TRAIL

Ovens River loop commence at Rotary Park for a whimsical walk up to 5 km

Thursday 15

VicHealth health app ratings guide
https://www.vichealth.vic.gov.au/search/vichealth-ratings-guide-shows-which-health-and-wellbeing-apps-work-best#

TAI CHI

Where: Gateway Health, Myrtleford
When: 9.00am (every Thursday)
Cost: $5
Booking: 5731 3500
Participants require an assessment prior to attending

Friday 16

TaiChi

https://app.getactive.vic.gov.au/around-home/workouts

Sports North East have a Sports Library which provides community organisations and clubs with access to a wide range of sporting equipment FREE of charge 57210200

Tips for getting back on the bike
Take your time and have fun.
https://www.bicyclenetwork.com.au/tips-resources/getting-started/new-to-riding/

Saturday 17

Bush Animal challenge
https://app.getactive.vic.gov.au/around-home/challenges

Afro Dance Fitness
https://app.getactive.vic.gov.au/around-home/workouts

Sunday 18

Join Amber from The Beauty of Yoga 'Move and Breathe Mindfully' https://youtu.be/ycYMMD_aPOg

OVENS VALLEY TRAIL PARKRUN

TRIAL RUN
Where: Rotary Park, Myrtleford (just over the swing bridge)
When: 1.30pm
Cost: Free
Once off registration www.parkrun.com.au/register/
More info: Ruth Wallace 0409 706 307

Monday 19

POLEWALKING GROUP

Presented by Myrtleford U3A (need to be a member of Myrtleford U3A)
Where: Myrtleford Senior Citizens Centre
When: 2.00pm (19 & 26 April)
Cost: Free
Contact: Yvonne Tabalotny 0468 482 971

FREE LAUGHTER YOGA

Funded by Bushfire Recovery Victoria
Where: Myrtleford Neighbourhood Centre
When: 5.45-6.45pm
Cost: Free
Bookings Essential: Kym Goodman 0431 329 840

"Reflect on how you can keep active and mindful throughout the rest of the year"

Tuesday 20

Download the Smiling Mind app, it is free and has various meditation programs for all ages
https://www.smilingmind.com.au/

DISCOVER MOUNT BUFFALO

Myrtleford U3A (need to be a member of Myrtleford U3A)
Where: Meet at Myrtleford Senior Citizens Centre
When: 8.30am
Cost: Free
Contact: Jan Mock 0401 064 030

Wednesday 21

***Offer to take your Neighbour's dog for a walk for them or join them for both your benefits**

Ballet with Indi – at home workout to be Ballet Fit
https://youtu.be/mnUWVUSAaPg

Thursday 22

FREE LAUGHTER YOGA

Funded by Bushfire Recovery Victoria
Where: Alpine Bushfire Recovery Hub, 8/3 Riverside Walk, Bright
When: 5.45pm
Cost: Free
Bookings Essential: Kym Goodman 0431 329 840

Stretches for the office Workers
https://app.getactive.vic.gov.au/around-home/workouts

Friday 23

The Life! Helping you Prevent Diabetes, Heart Disease and Stroke program helps people to improve their eating habits, physical activity and stress management. The Life! Program is free for eligible participants and delivered by qualified health professionals. Contact Maureen Ryland on 03 5755 0133 for a 1-1 appointment.

*Park further away from your destination so you have to walk further

Saturday 24

Pilates for kids (10min)

https://app.getactive.vic.gov.au/around-home/workouts

LAUNCH of the OVENS VALLEY TRAIL PARKRUN

Where: Rotary Park, Myrtleford (just over the swing bridge)
When: 8.00am
Cost: Free
Once off registration www.parkrun.com.au/register/
More info: Ruth Wallace 0409 706 307

Sunday 25

Full Body Strength workout. Repeat moves 3-5 times for a 20-minute workout.
https://app.getactive.vic.gov.au/around-home/workouts

Cardio workout you can do in your living room or bedroom. Full set of exercises to repeat 3-5 times.
https://app.getactive.vic.gov.au/around-home/workouts

Monday 26

KNOCKOUT BOXING

Where: Alpine Fitness Centre
When: 5.30pm (every Monday)
Cost: 2 week free gym pass for locals
Booking: (03) 5750 1137

STRENGTH TRAINING COME & TRY

Where: Mount Beauty Neighbourhood Centre
When: 9.30am
Cost: Free
Booking: 5754 1166 or email info@mountbeauty.org.au

Tuesday 27

Join Phebe from Ovens Valley Physio and Pilates: Injury Prevention at home workout
https://youtu.be/33RsOLxEcyw

Wednesday 28

POLEWALKING COME 'N' TRY DAY

Hosted by Alpine U3A (no need to be a member)
Where: BBQ Shelter near Mount Beauty Library
When: 9.30 - 11.00am
Cost: Free
Booking: Linda 0407 091 742

FREE YOGA

Funded by Bushfire Recovery Victoria
By: Bright Yoga Space
Where: Harrietville Hall
When: 6.00pm
Cost: Free
Bookings Essential: Emily Rose 0431 423 442
www.brightyogaspace.com/events/activeaprilyoga

Thursday 29

RIPPED STRENGTH CIRCUIT

Where: Alpine Fitness Centre
When: 6.15pm (every Thursday)
Cost: 2 week free gym pass for locals
Booking: (03) 5750 1137

One-minute breathing exercise Focus your entire attention on your breathing in & out, https://www.healthdirect.gov.au/benefits-of-mindfulness

Friday 30

Bodyweight High Intensity – Get your muscles working using your own body weight https://app.getactive.vic.gov.au/around-home/workpouts