

THIS GIRL CAN: CALENDAR OF EVENTS



	MON 15 APRIL	TUE 16 APRIL	WED 17 APRIL	THU 18 APRIL	FRI 19 APRIL	SAT 20 APRIL	SUN 21 APRIL
AM	<p>6:30am: Mat Pilates (<i>Pilates with Kez</i>)</p> <p>9:30am: Semi Private Reformer Pilates (<i>BFF Studios</i>)</p> <p>10/11am: Yoga/Chair Yoga (<i>Dartmoor Bush Nursing Centre</i>)</p> <p>11:15am: Pole Fitness Foundations (<i>Stronger Fit Together</i>)</p>	<p>9:30am: Exercise Rehabilitation Class (<i>PT@Home</i>)</p>	<p>6am: Barre Attack (<i>BFF Studios</i>)</p> <p>9am: Walking Group (<i>Dartmoor Bush Nursing Centre</i>)</p> <p>9:15am: Pilates Basics (<i>Nettique Pilates</i>)</p>	<p>6am: Boxing for Fitness (<i>BFF Studios</i>)</p> <p>9:30am: Enchanted Forest Walk (<i>Friends of the Great South West Walk</i>)</p>	<p>9:30am: Semi Private Reformer Pilates (<i>BFF Studios</i>)</p> <p>10:30am: Healthy Your Way, Dietitian Q&A (<i>Portland District Health</i>)</p>	<p>8am: Parkrun</p> <p>9am: Small Group Training (<i>BFF Studios</i>)</p>	<p>10am: Mat Pilates (<i>Pilates with Kez</i>)</p>
PM	<p>5:30pm: Yoga (<i>Satsang with Shae</i>)</p> <p>6pm: Pilates Basics (<i>Nettique Pilates</i>)</p> <p>6:30pm: Circuit Class (<i>PT@Home</i>)</p>	<p>4:30pm: Healthy Your Way Dietitian Q&A (<i>Mara Tan, Portland District Health</i>)</p> <p>4:30pm: Come & Try Tennis and Pickleball (<i>Portland Lawn Tennis Club</i>)</p> <p>5:30pm: Pilates ARC Small Group Session (<i>BFF Studios</i>)</p> <p>6:30pm: Boxing for Fitness (<i>PT@Home</i>)</p>	<p>5:30pm: Just Weights (<i>BFF Studios</i>)</p> <p>5:30pm: Come & Try AFL Umpiring (<i>SW District Football Netball League</i>)</p> <p>6pm: Come & Try Women's AFL Footy (<i>Tyrendarra Football Netball Club</i>)</p> <p>6pm: Come & Try Women's Soccer (<i>Portland Soccer Club</i>)</p> <p>6:30pm: TRX and Kettlebells (<i>PT@Home</i>)</p>	<p>6pm: Stretch and Relax Class (<i>PT@Home</i>)</p>	<p>7:30pm: Pole Fitness Foundations (<i>Stronger Fit Together</i>)</p>	<p>MORE INFORMATION:</p> <p>For more information on each event/class, including cost and registration details, please see following pages.</p> <p>For any other questions, contact promotions.pdh@swarh.vic.gov.au</p>	



EVENT INFORMATION:

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BFF STUDIOS

Location: BFF Studios (36 Percy St, Portland)

To Register: Call 0417 341 510 or Text 0485 868 490

Ages: 15+ (Parent/caregiver will need to attend if under 18)

Cost: Semi Private Reformer Pilates are \$5. All other classes are FREE.

Semi Private Reformer Pilates: Up to 4 participants so you get the attention you need.

Pilates ARC Small Group Session: Core strengthening sessions that focus on functional fitness. We utilise the Pilates ARC (AKA Spine Corrector), a versatile piece of equipment that offers a multitude of exercises catering to a diverse range of fitness levels and goals.

Barre Attack: A dynamic fusion of Pilates, Ballet, and Fitness. An all-body workout using the classic Ballet Barre that attacks the legs, butt, thighs and arms.

Just Weights: Progress each week, toning muscles, building strength and endurance using weights.

Boxing for Fitness: This is a total body workout focusing on cardio, strength and balance for an ultimate Functional Fitness HIIT class.

Small Group Training: Get fit and healthy, challenge your mind and body. This class combines strength, cardio, muscle endurance, flexibility, core and functional movement.

AFL UMPIRING (SWD FOOTBALL NETBALL LEAGUE)

Location: Tyrendarra Football Netball Club

To Register: 0417 353 673. Bring comfortable clothing and runners.

Ages: 12+ **Cost:** FREE

Event Info: Come and Try AFL Umpiring. Participants will also get access to a FREE virtual event on Mon 22 April, run by female AFL umpires.

DARTMOOR BUSH NURSING CENTRE

Walking Group: Meet at Dartmoor General Store for a 30min walk around the Dartmoor walking track. All welcome, mums & bubs, prams, and dogs.

Yoga/Chair Yoga: Yoga at 10am, followed by Chair-based yoga at 11am. All ages and abilities welcome. Held at Dartmoor Bush Nursing Centre.

To Register: Call Dartmoor Bush Nursing Centre 5528 1381

Cost: Walking Group (FREE), Yoga (\$15)

FRIENDS OF THE GREAT SOUTH WEST WALK

Location: Enchanted Forest Carpark (Norman Wade Scenic Drive)

To Register: Call 0488 629 163 or email friends@greatsouthwestwalk.com

Ages: All ages **Cost:** FREE

Event Info: Bushwalking through the Enchanted Forest (2.2km/1-1.5 hours). Easy, but some steep bits and steps.

EVENT INFORMATION:



HEALTHY YOUR WAY - DIETITIAN Q&A

Location: Tues 16th (Fawthrop Community Centre, Hood Street Portland), Friday 19th (Neighbourhood House Office, Pioneer Plaza, Percy Street Portland).

To Register: email promotions.pdh@swarh.vic.gov.au

Ages: 18+ **Cost:** FREE

Event Info: Join Mara Tan one of Portland District Health's Dietitians for a 45min Q&A session: Healthy Your Way - A Virtual supermarket tour including smart shopping hints and tips.

NETTIQUE PILATES

Location: Nettique Pilates (24 Barkly St, Portland)

To Register: Scan the QR code below, or head to:
<https://app.squarespacescheduling.com/schedule.php?owner=26714315>



Ages: 13+ **Cost:** FREE

Pilates Basics: An introduction to Pilates, at a level suitable for everyone. Exercises are layered to enable everyone to work at their level.

PORTLAND SOCCER CLUB

Location: Portland Soccer Club, Friendly Societies Reserve (13 Glenelg St)

To Register: No need to register. Any questions, please contact portlandsoccerclub@hotmail.com

Ages: 15+

Cost: FREE

Event Info: Come and Try Women's Soccer.

PORTLAND LAWN TENNIS CLUB

Location: Portland Lawn Tennis Club, Henty Park

To Register: Text 0408 758 973

Ages: 8+ (children will need a parent with them)

Cost: FREE

Event Info: Come and Try Tennis and Pickleball.

PARKRUN

Location: Fawthrop Lagoon, Hood Street

To Register: Register on the Parkrun website:
www.parkrun.com.au/portland/

Ages: All ages **Cost:** FREE

Event Info: A free, fun, and friendly weekly 5km community event. Walk, jog, run, volunteer or spectate – it's up to you!

PILATES WITH KEZ

Location: Virtual (Zoom link provided on registration)

To Register: Email your name and session you'd like to book to hello@pilateswithkez.com

Ages: 18+ **Cost:** FREE

Mat Pilates: Join Kez on the mat for 45 minutes of Pilates. Start with movements that everyone can do, and progress through layers based on your ability.

EVENT INFORMATION:



PT@HOME:

Location: PT@Home Studio (4 Blair St, Portland)

To Register: No need to register, just rock up.

Ages: 15-85 years

Cost: FREE

Circuit: 40 minute circuit.

Exercise Rehabilitation: Light weights, balance, coordination, social interaction. All levels and ages welcome. 45 minutes.

Boxing for Fitness: 40 minute boxing session.

TRX and Kettlebells: TRX, Kettlebell and slam ball circuit. 40 minutes.

Stretch and Relax: 40 minutes.

STRONGER FIT TOGETHER

Location: Stronger Fit Together Studio (49 Benbows Road, Gorae)

To Register: Spaces are limited. Secure your spot via direct message Stronger Fit Together on Facebook www.facebook.com/StrongerFitTogether

Ages: 16-99+

Cost: FREE

Class Info: Pole Fitness Foundations. 45min of fun. Gain confidence, flexibility, strength and coordination, on a static or spinning pole. Suitable for beginners.

SATSANG WITH SHAE

Location: Sankalpa Mandir Yoga Studio (46 Francis St, Portland)

To Register: Direct message @SatsangwithShae on Facebook or Instagram, or email Shae at sprys@hotmail.com. Please advise Shae upon arrival if you are managing any conditions or injuries, or if you are pregnant.

Ages: 16+

Cost: FREE

Class Info: Yoga with Shae involves a mix of asana (physical postures and flows), pranayama (breathing practices that influence the physical and energetic bodies) and dharana (meditation and mindfulness practices). Absolute beginners welcome. Arrive a little early to settle in. Bring a yoga/exercise mat or towel. Wear comfortable clothing that offer you a full range of movement.

TYRENDARRA FOOTBALL NETBALL CLUB

Location: Tyrendarra Football Netball Club

To Register: Turn up with a drink bottle and a smile.

Ages: 18+

Cost: FREE

Event Info: Come and Try Women's Footy