



Limited places
get in quick!

IT'S ALL
FREE!

HeALTHY & active EXPO

16 Sept - 8 Oct
2017

**Looking for a way
to keep fit, but
not sure where to
start?**

The Healthy & Active Expo showcases local sports and fitness activities in Wyndham with free events, clinics and 'come and try' sessions for all ages.

Whether you're looking for the gentle relaxation of yoga or the adrenalin rush of BMX, there's a session to suit you!

Register
online at:

[www.wyndham.vic.gov.au/
healthyandactiveexpo](http://www.wyndham.vic.gov.au/healthyandactiveexpo)



Chance to win a
**\$500 Rebel
voucher**



Date	Time(s)	Activity	Suburb	Provider	Category
16/9	7:40am-8:10am	Fatburn Extreme	Point Cook	Jump Into Life PT	16+ A S
16/9	9:00am-10:00am	AquaPulse Open Day	Hoppers Crossing	WynActive	Everyone
16/9	11:20am-12:00pm	Boys Netball	Werribee	Wyndham Netball	9-15
16/9	11:00am-12:00pm	Shop Like a Nutritionist	Hoppers Crossing	Progressive Health	Y A S
16/9	1:00pm-1:45pm	Jnr Boyz Hip Hop	Point Cook	PointCookDance	4-7
16/9	1:00pm-2:00pm	NetSetGO	Werribee	Wyndham Netball	5-10
16/9	1:45pm-2:30pm	Preschooler DanceFun	Point Cook	PointCookDance	3-5
16/9	2:00pm-3:00pm	Shop Like a Nutritionist	Hoppers Crossing	Progressive Health	Y A S
16/9	2:00pm-3:00pm	Golf Clinic	Werribee South	Werribee Golf Course	Everyone
16/9	2:15pm-3:15pm	Hip Hop	Point Cook	PointCookDance	9-12
17/9	8:45am-10:00am	Box Fit	Werribee	Werribee Lifestyle Centre	Y A S
17/9	9:00am-10:00am	KinderGym	Hoppers Crossing	Resilience Gymnastics	1.5-5

Date	Time(s)	Activity	Suburb	Provider	Category
17/9	10:00am-11:00am	Gymnastics Fundamentals	Hoppers Crossing	Resilience Gymnastics	4-10
18/9	9:30am-10:15am	Delightful Tots	Werribee	Stepnout Performing Arts	1.5-3
18/9	10:30am-11:30am	Kinder Kids	Werribee	Stepnout Performing Arts	3-4
18/9	11:45am-12:45pm	Little Fairies & Elves	Werribee	Stepnout Performing Arts	3-4
18/9	1:00pm-2:30pm	Tenpin Bowling	Point Cook	WYNCITY	S
18/9	6:30pm-7:00pm	Metafit	Hoppers Crossing	SwitchToFit	Y A S
19/9	10:00am-10:45am	Fitness Boxing	Point Cook	SwitchToFit	Y A S
19/9	10:30am-11:30am	Tenpin Bowling for People with Disability	Point Cook	WYNCITY	16+ A S
19/9	11:45am-12:45pm	Group Exercise Class	Werribee	In-Balance Fitness	S
19/9	1:00pm-2:00pm	Kangatraining for mums and bubs	Wyndham Vale	Kangatraining	W
19/9	1:30pm-2:30pm	Jitterbugs	Werribee	Stepnout Performing Arts	4-5
19/9	6:00pm-7:00pm	Boyz Hip Hop	Point Cook	PointCookDance	8-13

- Everyone
- Seniors
- Adults
- Women only
- Youth (ages 12-17)
- Children (ages 5-12)





Date	Time(s)	Activity	Suburb	Provider	Category
19/9	7:00pm-8:00pm	Change Your Lifestyle	Hoppers Crossing	MyClinic/Citrus Fitness	Y A S
20/9	6:00am-6:30am	Fatburn Extreme	Point Cook	Jump Into Life PT	16+ A S
20/9	10:00am-11:00am	Golf Clinic	Werribee South	Werribee Golf Course	Everyone
20/9	4:30pm-5:30pm	NetSetGO	Werribee	Wyndham Netball	5-10
20/9	6:30pm-7:30pm	PreKanga for Pregnant Women	Wyndham Vale	Kangatraining	W
20/9	7:00pm-8:00pm	Ladies Netball	Werribee	Wyndham Netball	14+
20/9	8:00pm-9:00pm	Adult Dance Class	Point Cook	PointCookDance	A S
21/9	6:30am-7:15am	Fitness Fun Club	Tarneit	SwitchToFit	Y A S
21/9	10:00am-10:50am	AFL Active for Women	Hoppers Crossing	SwitchToFit	W
21/9	11:45am-12:45pm	Group Exercise Class	Werribee	In-Balance Fitness	S
21/9	7:00pm-8:00pm	Adults Gymnastics	Hoppers Crossing	Resilience Gymnastics	A S
21/9	7:00pm-8:00pm	Hip Hop	Point Cook	PointCookDance	Y
22/9	9:30am-10:20am	Fit Camp	Point Cook	SwitchToFit	W

Date	Time(s)	Activity	Suburb	Provider	Category
22/9	9:30am-10:30am	KangaTrail for mums and bubs	Wyndham Vale	Kangatraining	W
22/9	1:00pm-3:00pm	Swimming Coaching (30 min)	Hoppers Crossing	Laverton Swimming Club	8-12 Y
22/9	4:00pm-4:45pm	Dance for Prep Students	Point Cook	PointCookDance	5-6
23/9	10:00am-12:00pm	Athletics	Hoppers Crossing	Werribee Little Athletics	5-15
23/9	12:00pm-2:00pm	Youth Gymnastics	Hoppers Crossing	Resilience Gymnastics	Y
23/9	1:30pm-2:30pm	Introduction to Iridology	Tarneit	Progressive Health	Y A S
23/9	2:30pm-4:30pm	Gymnastics Fundamentals	Hoppers Crossing	Resilience Gymnastics	11-12
24/9	10:00am-1:00pm	Eagle Stadium Open Day	Werribee	WynActive	Everyone
25/9	10:00am-10:45am	Girls Teen Fitness Class	Point Cook	Lizard Fitness	10-16
25/9	7:00pm-7:45pm	Fitclub	Hoppers Crossing	24 Fit Club Wyndham	Y A S
26/9	9:30am-10:30am	KangaTrail for mums and bubs	Wyndham Vale	Kangatraining	W
26/9	10:00am-11:30am	Milo in2CRICKET	Tarneit	Cricket Victoria	C
27/9	9:30am-10:30am	Kangatraining for mums and bubs	Hoppers Crossing	Kangatraining	W

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27/9	10:00am-12:00pm	Introduction to Dance	Werribee	Stepnout Performing Arts	
27/9	4:30pm-5:30pm	BMX for Beginners (women and girls)	Werribee	Wyndham Warriors BMX	
27/9	6:45pm-7:45pm	Group Fitness	Tarneit	Precision PT	
27/9	7:30pm-8:15pm	Clubbercise	Hoppers Crossing	Be Dancefit	
28/9	6:30pm-7:15pm	Metafit	Truganina	Lizard Fitness	
29/9	9:15am-10:30am	Parents & Bubs Fit Club	Hoppers Crossing	Werribee Lifestyle Centre	
29/9	10:00am-10:45am	Womens Fitness Class	Truganina	Lizard Fitness	
30/9	7:45am-9:00am	Running/Walking	Wyndham Vale	Wyndham Vale parkrun	
30/9	9:00am-10am	Change Your Lifestyle	Hoppers Crossing	MyClinic/Citrus Fitness	
1/10	10:00am-12:00pm	Multi-Sport Event incl. football, soccer, dance, lacrosse, bowls & more	Truganina	Melbourne City FC, Werribee FC & AFL Vic, Be Dancefit and many more	
2/10	6:00pm-6:30pm	Intense Cardio Exercise	Werribee	Constant Evolution PT	
2/10	6:45pm-7:45pm	Fitness Boxing	Tarneit	Precision PT	
3/10	2:00pm-3:00pm	Golf Clinic	Werribee South	Werribee Golf Course	

Date	Time(s)	Activity	Suburb	Provider	Category
3/10	3:30pm-4:15pm	Yoga	Wyndham Vale	Yoga Moves West	
3/10	4:30pm-5:30pm	Yoga	Wyndham Vale	Yoga Moves West	
3/10	6:15pm-7:30pm	Fit Club	Werribee	Werribee Lifestyle Centre	
4/10	6:15am-6:45am	Intense Cardio Exercise	Werribee	Constant Evolution PT	
4/10	4:30pm-5:30pm	BMX for Beginners	Werribee	Wyndham Warriors BMX	
4/10	7:00pm-7:45pm	Boxfit	Hoppers Crossing	24 Fit Club Wyndham	
5/10	9:00am-10:00am	Walking	Point Cook	Point Cook Walkers	
5/10	6:45pm-7:45pm	Group Fitness	Tarneit	Precision PT	
6/10	10:00am-11:00am	Golf Clinic	Werribee South	Werribee Golf Course	
7/10	7:50am-9:00am	Running / Walking	Truganina	Point Cook parkrun	
7/10	1:30pm-2:30pm	Introduction to Iridology	Tarneit	Progressive Health	
7/10	1:30pm-2:30pm	Yoga	Wyndham Vale	Yoga Moves West	
8/10	11:00am-2:00pm	Barefoot Bowls	Werribee	Werribee Bowls Club	

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All sessions are FREE. To get a guaranteed spot, free access and a chance to win a \$500 Rebel voucher, all participants must register via the website.

All activities are aimed at beginner level and are open to all abilities.

If you do not have internet access please call 9742 0777 for further information and to register for activities.

www.wyndham.vic.gov.au/healthyandactiveexpo
facebook.com/healthyandactiveinwyndham

Register online at:

www.wyndham.vic.gov.au/healthyandactiveexpo