

TUNE IN Mental Health Month

FITNESS AND YOGA FOR YOUNG PEOPLE 12-25 Y.O.

Tune in this Mental Health Month with our fitness programs. Keeping active improves concentration and confidence, boosts your mood, releases stress and lowers anxiety.

HIIT Training

4-week High Intensity Interval Training for all fitness levels, break a sweat and level up. Alternate between high-impact exercises, designed to boost your fitness and energy level.

4:30pm – 5:00pm

Alf Kay Community Hall

2 Florence Avenue, Eastlakes

W1 Tuesday 11 October 2022

W2 Tuesday 18 October 2022

W3 Tuesday 25 October 2022

W4 Tuesday 1 November 2022



Yoga

The 4-week program will focus on using the senses to tune in, combining breath and movement, tuning into thoughts and feelings and into the world around us.

3:30pm – 4:30pm

Hillsdale Community Hall

236 Bunnerong Road, Hillsdale

W1 Friday 14 October 2022

W2 Friday 21 October 2022

W3 Friday 28 October 2022

W4 Friday 4 November 2022

Bookings are essential at: <https://baysideyouthservices.eventbrite.com>

For more information please email to: yasemin.secim@bayside.nsw.gov.au

