



Nathaniel, Saja, Jo, Anette, Bernie and Erin get active.

Get fit with free classes

THERE are no excuses not to get fit this summer.

An eight-week program of free yoga, Zumba and outdoor exercise classes will begin next week at Sunbury Lions Park, Broadmeadows Town Park and Craigieburn Gardens.

Sunbury Community Health chief executive Philip Ripper said the Be Outdoor Active program would become a regular event if successful.

“Be Outdoor Active allows

the community to make healthy choices,” Mr Ripper said. “We encourage people of all ages to get out into the fresh air and do something for their health.”

The program is part of Healthy Together Hume, a partnership between Hume Council, Dianella Community Health and Sunbury Community Health Centre, funded by state government.

Visit hume.vic.gov.au/beoutdooractive or call [9205 2200](tel:92052200).