



south bank
corporation

media release

3 October 2007

Get out of hibernation with free outdoor fitness classes.

For the third year running, Vaalia's free Active Culture fitness series will draw large crowds to the South Bank Parklands every Tuesday and Saturday from the start of October until 4 December.

The event has been increasingly popular since its introduction in 2005, spawning a loyal following of participants eager to welcome the warm spring weather by getting out from under the doona and enjoying the outdoors again.

"It is no surprise that the event has grown in popularity over the last three years," South Bank Corporation's Event Manager David Contarini said.

"In the months leading up to summer people tend to enjoy having a workout in the great outdoors rather than being stuck inside a gym or at home in front of the television.

"And it's no secret that most people tend to stray from their fitness regime during the winter months – it's easier to lose that motivation when it is so cold outside and a warm, comfortable couch can be much more tempting," David said.

"Now is the time to start embracing an active lifestyle so you will be feeling fit and healthy on the beach this summer."

Mind and Movement classes that combine pilates, yoga and tai chi will be held on Tuesdays at 5.30pm and Saturdays at 8.00am.

Get Active fitness classes are for building strength and increasing cardio fitness through low-impact aerobics and will be held every Saturday morning at 9.15.

As part of the series there will be a weekly giveaway of a Vaalia prize pack, as well as free samples of Vaalia low-fat yoghurt available for all participants after each class.

Participants can also take advantage of a special \$3 parking offer for the Parklands' car park. Instructors will provide details before and after classes.

For more information on class times go to www.visitsouthbank.com.au or call South Bank Visitor Information Centre on 3867 2051

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