

This Girl Can 2024 Upper Yarra

Join the movement from 10th November - 7th December

*** Indicates events which are open to all genders.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10	11 12.30pm: Pilates at Yarra Centre.	12 11am: Pole Dance Fitness Taster 5pm: Twilight walking group from the Yarra Centre.	13 2pm: Aqua class at Yarra Centre. 5pm: ***Hoddles Creek Cricket Club, Hoddles Creek.	14 7am: Small Group Training Taster
17 8am: ***Social walk/run with Impact Pilates. 10am: Mat Pilates at Impact Pilates, Woori Yallock.	18 12.30pm: Pilates at Yarra Centre.	19 3.45pm: Pole Dance Fitness Taster 5pm: Twilight walking group from the Yarra Centre.	20 2pm: Aqua class at Yarra Centre.	21 7.30am: Small Group Training Taster. 8pm: Reformer Pilates at Impact Pilates, Woori Yallock.
24 10am - 3pm: ***Come & try Tennis at Seville Tennis Club.	25 12.30pm: Pilates at Yarra Centre.	26 5pm: Twilight walking group from the Yarra Centre.	27 2pm: Aqua class at Yarra Centre. 7.30pm: Women's Health Specialist Workshop at Impact Pilates.	28 10am: Yoga at Impact Pilates, Woori Yallock.
1 10am: ***Upper Yarra Pony Club. Horses provided. Wesburn.	2 12.30pm: Pilates at Yarra Centre.	3 5pm: Twilight walking group from the Yarra Centre.	4 10.30am: Reformer slow flow session at Impact Pilates, Woori Yallock. 2pm: Aqua class at Yarra Centre.	5

- **Everyday:** Call Yarra Centre on 5967 1675 to receive a free 12-visit pass for use outside of This Girl Can events on the calendar across the 4-week period.
- **Mondays at 12:30 pm:** Pilates at the Yarra Centre. Low lights, low music, and no mirrors. Wear whatever you feel comfortable in. Free. Call Yarra Centre on 5967 1675 to book.
- **Tuesdays, 12th November at 11 am & 19th November at 3:45 pm:** Pole Dance Fitness Taster class at KP Exercise & Fitness. \$10 per class. Register by emailing kpexercisefitness@hotmail.com or call 0432 604 588. 13 & 14 / 2 Union Road, Wandin North, 3139.
- **Tuesdays at 5 pm:** Heart Foundation Twilight walking group from the Yarra Centre. Pram and child-friendly. Free. Call Yarra Centre on 5967 1675 to book.
- **Wednesdays at 2 pm:** Aqua class at the Yarra Centre. Wear whatever you feel comfortable in. Free. Call Yarra Centre on 5967 1675 to book.
- **Wednesday, 13th November from 5-6:30 pm:** *** Hoddles Creek Cricket Club. Ages 18 years and under. Hoddles Creek Community Reserve. 630 Gembrook - Launching Place Road, Hoddles Creek, 3139.
- **Wednesday, 4th December at 10:30 am:** Reformer Slow Flow session at Impact Pilates. Shop 1, 1609 Warburton Highway, Woori Yallock. Free. Register here: <https://momence.com/Carly-Morre/FREE-This-Girl-Can-Session---Reformer-Slow-Flow/107688083>
- **Wednesday, 27th November at 7:30 pm:** Women's Health Specialist Workshop in partnership with Yarra Valley Women's Health with Dr. Stephanía Tsotras at Impact Pilates, Woori Yallock. Register here: <https://momence.com/Carly-Morre/Women's-Health-Specialist-workshop/107786309>
- **Thursdays, 19th November at 7 am & 21st November at 7:30 am:** Small Group Fitness Taster class at KP Exercise & Fitness. \$10 per class. Register by emailing kpexercisefitness@hotmail.com or call 0432 604 588. 13 & 14 / 2 Union Road, Wandin North, 3139.
- **Thursday, 21st November at 8 pm:** Reformer Pilates session at Impact Pilates. Shop 1, 1609 Warburton Highway, Woori Yallock. Free. Register here: <https://momence.com/Jenna-Lucas/FREE-This-Girl-Can-Session---Reformer-Pilates/107687725>
- **Thursday, 28th November at 10 am:** Yoga at Impact Pilates, Woori Yallock. Free. Register here: <https://momence.com/Angie-Heather/FREE-This-Girl-Can-Session---Yoga/107787079>
- **Sunday, 17th November at 8 am:** *** Social walk/run with Impact Pilates and Bec from the Running Company. Meet at Impact Pilates Studio. Register here: <https://momence.com/Carly-Morre/FREE-Social-Run%2FWalk-Sesh/107786834>
- **Sunday, 17th November at 10 am:** Mat Pilates session at Impact Pilates. Shop 1, 1609 Warburton Highway, Woori Yallock. Free. Register here: <https://momence.com/Carly-Morre/FREE-This-Girl-Can---Mat-Pilates/107687228>
- **Sunday, 24th November from 10 am to 3 pm:** *** Come and try Tennis at Seville Tennis Club. All ages. 20 Monbulk-Seville Road, Seville, 3139.
- **Sunday, 1st December from 10 am:** *** Upper Yarra Pony Club. For all ages over 4 years. Horses provided. Waiver must be signed on arrival. Wesburn Park Equestrian Area. 680-650 Old Warburton Road, Wesburn, 3139.

Email Health.Promotion@easternhealth.org.au for any enquiries regarding access requirements.
Please note: No Friday or Saturday events in Upper Yarra. Check out other areas for something to try!

