



# The BIGGEST WORKOUT

## Promoting Healthy Communities

| Time  | Outdoor Main Stage  | The Event Space @ The Connection           | Outdoor Activities                           |
|-------|---|--|--|
| 8:00  | Welcome<br>8:00-8:15am  |  | Sydney Thunder<br>BigBash Cricket Clinic     |
| 8:15  | Aerobics Class<br>8:30-9:15am   |  |  |
| 8:30  |   |  |  |
| 8:45  |   |  |  |
| 9:00  |   |  |  |
| 9:15  |   |  | Tai Chi Demonstrations<br><br>8:00am-12:00pm |
| 9:30  | Martial Arts Demonstration by Sinosis Perosh Martial<br>Arts and Gymnastics Demonstrations<br>by Five Dock Leisure Centre<br>9:30-10:30am | Yoga<br>9:30-10:15am                       |  |
| 9:45  |   |  |  |
| 10:00 |   |  |  |
| 10:15 |   |  |  |
| 10:30 | Tai Chi Demonstration<br>by Canada Bay Club<br>10:30-11:15am  | A Guide to Healthy Eating<br>10:30-11:15am |  |
| 10:45 |   |  |  |
| 11:00 |   |  |  |
| 11:15 |   |  |  |
| 11:30 |   | Zumba<br>11:30-12:00pm                     |  |
| 11:45 |   |  |  |
| 12:00 |   |  |  |

## Sunday 26th March - The Connection, Rhodes

Enjoy a great range of Health Promotions, Local Business and Food Stalls showcasing products and services.