ACTIVE AUTUMN

APRIL 2025

City of Casey

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 **4:00pm** Chair Yoga	2 **6:00am** Boxing **12:00pm** Zumba Gold **4:00pm** Women's Badminton **5:00pm** Women's Netball **5:30pm** BodyStep **7:00pm** Meditation	3 **10:00am** Line Dancing @ Timbarra Hall **1:30pm** Gentle Exercise **7:30pm** Boogie Bounce **7:30pm** Yoga	4 **9:30am** Churchill Park Walk **10:00am** Mums Walking Group **2:00pm** Women's Zumba **5:30pm** Zumba **9:00pm** Late Night Hoops	5 **7:30am** Yoga for All ($) **8:00am** Women's Yoga ($) **8:00am** Parkrun **10:00am** Wheelchair Nature Scoot	6 **10:10am** RPM **5:30pm** Yoga for Kids ($)
7 **5:00pm** Zumba in the Park	8 **4:00pm** Chair Yoga	9 **6:00am** Boxing **12:00pm** Zumba Gold **4:00pm** Women's Badminton **5:00pm** Women's Netball **5:30pm** BodyStep **7:00pm** Meditation	10 **10:00am** Line Dancing @ Arthur Wren Hall **7:30pm** Boogie Bounce **7:30pm** Yoga	11 **9:30am** Lysterfield Lake Park Walk **10:00am** Mums Walking Group **5:30pm** Zumba **9:00pm** Late Night Hoops	12 **7:30am** Yoga for All ($) **8:00am** Women's Yoga ($) **8:00am** Parkrun **1:00pm** **Active Autumn Amazing Race ($)**	13 **10:10am** RPM **5:30pm** Yoga for Kids ($)
14 **5:00pm** Zumba in the Park	15 **4:00pm** Chair Yoga	16 **6:00am** Boxing **12:00pm** Zumba Gold **4:00pm** Women's Badminton **5:00pm** Women's Netball **5:30pm** BodyStep **7:00pm** Meditation	17 **10:00am** Line Dancing @ Arthur Wren Hall **7:30pm** Boogie Bounce **7:30pm** Yoga	18 **Good Friday**	19 **7:30am** Yoga for All ($) **8:00am** Women's Yoga ($) **8:00am** Parkrun	20 **Easter Sunday**
21 **Easter Monday**	22 **4:00pm** Chair Yoga	23 **6:00am** Boxing **12:00pm** Zumba Gold **4:00pm** Women's Badminton **5:00pm** Women's Netball **5:30pm** BodyStep **7:00pm** Meditation	24 **7:30pm** Boogie Bounce **7:30pm** Yoga	25 **ANZAC Day**	26 **7:30am** Yoga for All ($) **8:00am** Women's Yoga ($) **8:00am** Parkrun	27 **10:10am** RPM **5:30pm** Yoga for Kids ($)
28 **10:00am** Women's BodyART **5:00pm** Zumba in the Park	29 **4:00pm** Chair Yoga **5:30pm** Women of Casey: Health & Fitness Program	30 **6:00am** Boxing **12:00pm** Zumba Gold **4:00pm** Women's Badminton **5:00pm** Women's Netball **5:30pm** BodyStep **7:00pm** Meditation				

For more information and to register:

Program	Location	Suburb
Active Autumn Amazing Race ($)	Wilson Botanic Park	Berwick
BodyStep	Endeavour Hills Leisure Centre	Endeavour Hills
Boogie Bounce	14 Star Crescent	Hallam
Boxing	Casey RACE	Cranbourne East
Chair Yoga	Rossmoyne Community Centre	Berwick
Churchill Park Walk	Churchill National Park	Lysterfield South
Gentle Exercise	Autumn Place Community Hub	Doveton
Late Night Hoops	Olive Road Sporting Complex	Eumemmerring
Line Dancing @ Arthur Wren Hall	Arthur Wren Hall	Hampton Park
Line Dancing @ Timbarra Hall	Timbarra Community Hall	Berwick
Lysterfield Lake Park Walk	Lysterfield Park	Narre Warren North
Meditation	Chalcot Lodge Community Centre	Endeavour Hills
Mums Walking Group	Autumn Place Community Hub	Doveton
Parkrun	Various locations	Various locations
RPM (Indoor Cycling)	Casey ARC	Narre Warren
Wheelchair Nature Scoot	Churchill National Park	Lysterfield South
Women of Casey: Health & Fitness Program	Balla Balla Community Centre	Clyde North
Women's Badminton	Arthur Wren Hall	Hampton Park
Women's BodyART	Cranbourne West Community Hub	Cranbourne West
Women's Netball	Olive Road Sporting Complex	Eumemmerring
Women's Yoga ($)	Woodbine Community Centre	Cranbourne North
Women's Zumba	Doveton College	Doveton
Yoga	Casey ARC	Narre Warren
Yoga for All ($)	Bridgewater Community Centre	Berwick
Yoga for Kids ($)	Bridgewater Community Centre	Berwick
Zumba	Endeavour Hills Leisure Centre	Endeavour Hills
Zumba Gold	Casey RACE	Cranbourne East
Zumba in the Park	Wilson Botanic Park	Berwick