

ALBANY HEART WEEK

3 - 9 May 2015



LUNCHTIME WALKS

4 - 8 May

Meet at the Town Square at 12noon for a 30 minute guided walk. Wear comfy shoes and sun protection and don't forget your bottle of water!

Walks will be suitable for all ages and fitness levels and will proceed even if it's raining (bring an umbrella!)

Monday's walk will be the Heart Foundation Walking - Heart Week Community Walk and Friday's will end the week with something special from the Albany History Collection.



LUNCHTIME YOGA

4 & 6 May

S-T-R-E-T-C-H with free yoga sessions in the Town Hall from 12:15-1pm. Courtesy of Radiant Being.

Numbers are limited, so first in best dressed. Some mats available, but BYO if you prefer. Warm clothing is recommended.



ZUMBA IN THE SQUARE

5 & 8 May

Grab a free work out in the Town Square on Tuesday 5 May and Friday 8 May courtesy of Bodycare. Classes commence at 12.15pm both days.

Wear your workout gear, sun protection and bring a bottle of water and a towel. Weather permitting.



ON YA BIKE!

4 & 5 May

Haven't ridden in a while, or always wanted to try cycling? Meet at 3 Anchors at Middleton Beach, 9.30am Monday 4 May and Tuesday 5 May for a gentle cycle in a fun, social atmosphere. On Monday ride from Middleton Beach to Emu Pt return, and on Tuesday ride from Middleton Beach to Lawley Park return.

Enjoy a coffee at one of Middleton Beach's many cafes afterwards.

EASY RIDERS CYCLING GROUP

Join the Easy Riders for their weekly ride. Frenchman Bay Road to Goode Beach, approximately 30kms.

Start: Car Park corner Woolstores Place and Frenchman Bay Road, 9:00am, contact Shawn 0429 453 085.

ALBANY OVER 50'S CYCLING GROUP

Join the Albany Over 50's for their weekly ride. Frenchman Bay Road to Whaleworld, approximately 35kms.

Start: Car Park corner Woolstores Place and Frenchman Bay Road, 9:20am, contact Mike 0418 647 897.