

# Fitness in the Parks

## Frequently Asked Questions

### Is Fitness in the Parks Free?

Yes (except for AquaFit), Fitness in the Parks is a free 8 week exercise program offered outside in our stunning parks and reserves. The program runs twice per year in Autumn and Spring. Note: AquaFit held at the George Bolton Swim Centre (Hazelwood Park) has a class fee charged at the time of booking.

### Do I need to book?

No (except for AquaFit), for all other Fitness in the Park sessions, just turn up on the day. You must read and sign a waiver and register at each session. AquaFit, requires bookings to be made on Eventbrite which can be reached via the City of Burnside What's On page, bookings open weekly for the following week's session.

### What do I need to bring?

For sessions such as yoga and pilates you need to bring your own mat or towel. We also advise bringing a water bottle.

### I'm a beginner, are the classes suitable for me?

Absolutely, beginners are encouraged to get involved. All instructors are fully qualified and will be able to make appropriate adjustments to the workout to suit your needs.

### Can children attend?

Yes, Fitness in the Parks is open to everyone but children must be supervised by a responsible adult at all times., except for AquaFit where children are not permitted for safety reasons.

### What happens if it is raining? Or if it's too hot?

If it is pouring down or a storm the class will not take place, an alternate indoor venue will not be provided. If it's just a light drizzle or shower the class will still take place. If you are unsure please call 8366 4200 on the day of the class.

If the weather is forecast to be over 35 degrees Celsius the class will not take place and an alternate indoor venue will not be provided.

### I don't live in Burnside, can I still attend?

Absolutely, the more the merrier.

### What do I wear?

Comfortable leisure wear and enclosed, comfortable trainers or appropriate swimwear for AquaFit.

### Who do I contact for further information?

Contact the Community Development Team on 8366 4200 or email [communitydevelopment@burnside.sa.gov.au](mailto:communitydevelopment@burnside.sa.gov.au)