



GLEN EIRA
CITY COUNCIL

MEDIA RELEASE

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Online fitness hub now available

Glen Eira Leisure has created an online fitness hub of workouts that are now available on its website — www.geleisure.com.au/group-fitness/online-fitness

You can complete anything from a HIIT workout to yoga and meditation sessions, all from your lounge room or backyard at home.

Glen Eira Mayor Cr Margaret Esakoff said staying active is good for our physical, emotional and mental health.

“The workouts have been designed to cater for all-abilities and fitness levels,” she said.

“You can stay connected to the Glen Eira Leisure team members and still enjoy their enthusiasm and encouragement to keep you active.”

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