



GLEN EIRA
CITY COUNCIL

MEDIA RELEASE

Monday 7 September 2020

Keep moving during lockdown

Don't let the current exercise restrictions get in your way of keeping fit and healthy during lockdown.

There are a range of free online classes for you to do from the comfort of your own loungeroom, bedroom, backyard or garage.

Browse our *GEL Anywhere* library of pre-recorded videos or you can join the team live on Facebook in our GEL@ Home sessions for those that like to run to a schedule and keep the interaction and banter with the instructors.

There is a class to suit everybody, from an up-tempo Zumba class and HIIT workout to a meditation or yoga class for those that need to unwind after a stressful day. There are also some fun and energetic classes dedicated to keeping our children engaged and fit while at home.

So let's keep moving and stay positive. Visit www.geleisure.com.au/group-fitness/gel-anywhere

Media enquiries: Amarita Kinnoo
03 9524 3411 or 0409 169 275

GLEN EIRA CITY COUNCIL
CORNER GLEN EIRA AND HAWTHORN ROADS, CAULFIELD, VIC
PO BOX 42, CAULFIELD SOUTH 3162
P 03 9524 3333 • F 03 9523 0339
GLENEIRA.VIC.GOV.AU

