

Council launches new physical activity programs



[Caroline Kovac](#) July 21, 2021

Ipswich City Council has launched two new free physical activity programs, Active Mums and Bubs and All Abilities Yoga.

The new programs fit under council's Active and Healthy Ipswich classes which are designed to get the community outdoors and keeping active. The launch of these two new physical activity programs follows the success of Council's existing programs, Active Parks (for adults) and Active Seniors (targeting those over 60).

Mayor Teresa Harding said Council is committed to keeping our community healthy and active. "Physical and mental wellbeing is critically important to our quality of life," Mayor Harding said. "Based on the success of Council's Active Parks and Active Seniors programs, we're excited to boost our commitment by delivering two new programs designed for residents of all abilities and ages.

"Active Mums and Bubs classes will take advantage of some of council's 550 parks and 8,500 hectares of open space to provide a fun and engaging outdoor program. "Our All Abilities Yoga classes are designed to be delivered indoors and provide a program that all residents can enjoy."