



**DONATE  
TODAY**

Ausome is going **LIVE!**

It is time to connect, get active and have fun, no matter where in the world you are.

Ausome LIVE Online sessions are for athletes of all ages. Ausome coaches will lead a variety of multisport and fitness activities. Join Ausome athletes, friends and families as we move and get stronger together.

**Dates:** Thursdays, May 7th - July 2nd

**Time:** 10:00 - 10:45AM

**Location:** Online via ZOOM Meeting

Wondering if the program is at the right level for you or your family member? We will be giving easy modifications to match any skill set or fitness level.

**You do not have to be an Ausome member to join in the LIVE sessions, but you do have to register through [this link](#).**

Each week we will send out a Lesson Plan from our Ausome Coach to ensure you have all the information or equipment you need before we get started. Don't worry about fancy equipment; we can help you find items from around the house.

We may all be at home but we can get stronger and stay active together.

[AUSOME LIVE ONLINE - REGISTER HERE](#)



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