

HEALTHY DARWIN

Weekly Activities 2024-25 Wet Season

Seniors' Aqua Aerobics

Mondays 07 Oct - 31 March
12:00pm - 12:45pm
NT Swim School
Coconut Grove

No bookings required!
Instructor: NT Swim School
P - 0498 100 050
E - hollie@hgfitness.com.au

Bootcamp

Mondays 07 Oct - 31 March
5:15pm - 6:00pm
Harmony Hall
Malak

No bookings required!
Instructor: Chico's Fitness
P - 0408 088 091
W - www.fitnesshubdarwin.com

Seniors' Aqua Fitness

Tuesdays 01 Oct - 25 March
9:00am - 9:45am
Pearl Retirement Village
Fannie Bay

No bookings required!
Instructor: One Step At A Time PT
P - 0438 321 399
E - onestepatatimept@gmail.com

Beginners' HIIT

Tuesdays 01 Oct - 25 March
5:00pm - 5:45pm
Lyons Community Centre
Lyons

No bookings required!
Instructor: Storm PT
P - 0451 019 117
E - stormptnt@gmail.com

Hatha Yoga & Mantra

Wednesdays 02 Oct - 26 March
5:45pm - 6:45pm
Lyons Community Centre
Lyons

No bookings required!
Instructor: ASMY
P - 0421 710 983
E - darwin@asmy.org.au

Zumba

Wednesdays 02 Oct - 26 March
6:15pm - 7:00pm
Harmony Hall
Malak

No bookings required!
Instructor: Zumba Sistas Darwin
P - 0402 260 070
E - mini.edwards@bigpond.com

Zumba Mashup

Thursdays 03 Oct - 27 March
6:15pm - 7:00pm
Harmony Hall
Malak

No bookings required!
Instructor: TEZC
P - 0417 820 380
W - www.fitnesshubdarwin.com

Fitness For Independence

Fridays 04 Oct - 28 March
9:00am - 9:45am
Boab Room
Nightcliff Community Centre

★ **Bookings required!**
Instructor: Super Ageing
P - 0438 890 089
E - sharon@formfunctionnt.com.au

Baby & Guardian Grooves

Fridays 11 Oct - 28 March
10:30am - 11:15am
Agoy Yoga Studio
Woolner

No bookings required!
Instructor: The BGs
P - 0426 002 782
E - marissakhush@gmail.com

Yoga Flow for Beginners

Saturdays 05 Oct - 29 March
9:00am - 10:00am
Boab Room
Nightcliff Community Centre

No bookings required!
Instructor: Trybe Yoga
P - 0404 086 641
IG - [@trybeyogadarwin](https://www.instagram.com/trybeyogadarwin)

Only \$5 per session!

To find out more:

- * Contact the instructor directly
- * Follow [Healthy Darwin](#) on Facebook
- * Visit our webpage via the QR code
- * Send an email to healthydarwin@darwin.nt.gov.au
- * Call 08 8930 0300



HEALTHY DARWIN

Healthy Lifestyle Workshops & Short Courses 2024-25 Wet Season

Boost Your Brain & Body Health

Fridays x 6

11:00am - 11:45am

07 Feb - 14 March

Casuarina Aquatic & Leisure Centre - Community Room, 17 Gsell Street, Casuarina

\$10 per session

Bookings essential!

Contact: Sally - Emerse

W - www.emerse.com.au

P - 0491 366 693

E - sally@emerse.com.au

New Location!

Come & Try Pole Dancing

Saturdays x 3

1:00pm - 2:00pm

19 October, 04 January & 22 March

3D Fitness Studio

3/11 Miles Road, Berrimah

\$10 per session

Bookings essential!

Contact: 3D Fitness Studio

Email to receive the Eventbrite link

E - admin@3dfitnessstudio.com.au

**ONE
CLASS
LEFT**

Kick Sugar Workshop

Monday 24 February

5:30pm - 6:30pm

\$10 per person

Bookings required!

Contact: Eliza - Eliza Barwick Naturopath

<https://eliza-barwick.simplecliniconline.com/workshop/kick-sugar-workshop>

P - 0457 306 634

E - hello@elizabarwick.com.au

Online

Love Your Liver Workshop

Monday 10 February

5:30pm - 6:30pm

\$10 per person

Bookings required!

Contact: Eliza - Eliza Barwick Naturopath

<https://eliza-barwick.simplecliniconline.com/workshop/love-your-liver>

P - 0457 306 634

E - hello@elizabarwick.com.au

Online

Radiant Lotus Women's Qigong

Fridays x 6

5:30pm - 6:30pm

February 14, 21, 28, March 14, 21, 28

Nightcliff Community Centre - Boab Room

18 Bauhinia Street, Nightcliff

Gold coin donation

No bookings required!

Contact: Sheila - Yuyang Yoga

P - 0428 444 347

E - daisymaynanna@gmail.com

**NEW
DATES**

Childhood Immune Support Workshop

Saturday 08 February

2:00pm - 3:00pm

\$10 per person

Bookings required!

Contact: Eliza - Eliza Barwick Naturopath

<https://eliza-barwick.simplecliniconline.com/workshop/support-your-child-s-immune-system>

P - 0457 306 634

E - hello@elizabarwick.com.au

Online

To find out more about Healthy Darwin:

Follow us on [Facebook](#)

healthydarwin@darwin.nt.gov.au

08 8930 0300

