

HEALTHY DARWIN

2025-26 Wet Season Weekly Activities

Beginners' Yoga

Mondays 06 Oct - 30 March
9:30am - 10:30am
CALC Community Room
Casuarina

No bookings required!
Instructor: Flametree Yoga
P - 0468 362 641/0448 112 251
E - service@FlametreeYogaStudio.com.au

No Frills Training

Mondays 06 Oct - 30 March
6:00pm - 6:45pm
CALC Community Room
Casuarina

No bookings required!
Instructor: Luca Masieri
P - 0461 506 877
E - masieri.luca@gmail.com

FREE!

Toddler & Guardian Dance

Tuesdays 07 Oct - 31 March
9:15am - 10:15am
Nightcliff Community Centre
Nightcliff

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

Beginners' HIIT

Tuesdays 28 Oct - 31 March
5:00pm - 5:45pm
CALC Community Room
Casuarina

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

Seniors' Aqua Aerobics

Wednesdays 01 Oct - 25 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

Sahaja Yoga Meditation

Wednesdays 01 Oct - 25 March
6:00pm - 7:00pm
Nightcliff Community Centre
Nightcliff

No bookings required!
Instructor: Jayansh
P - 0432 445 514
E - jayansh.shinde@gmail.com

FREE!

Zumba Mashup

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

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

Fitness 4 Independence

Fridays 03 Oct - 27 March
9:00am - 9:45am
CALC Community Room
Casuarina

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

Vitality Pilates

Sundays 05 Oct - 29 March
8:00am - 8:45am
Nightcliff Community Centre
Nightcliff

No bookings required!
Instructor: Blair Pilates & Yoga
E - lqram1990@gmail.com

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

2025-26 Wet Season Healthy Lifestyle Workshops & Short Courses

Get Into Golf

Mondays x 8 **\$10 per session**
5:30pm - 6:30pm ★ **Bookings required!**
06 October to 24 November
Gardens Park Golf Links
1 Chin Quan Rd, The Gardens

Contact: Brodie - Golf Australia
P - 0498 631 983
E - brodie.morcom@golf.org.au

Social Smash - cricket

Tuesdays x 4 **\$30 for the program**
10 February - 03 March ★ **Bookings required!**
5:30pm - 6:30pm - 12-17 year old girls and boys
6:30pm - 7:30pm - 18+ year old females
Location to be confirmed closer to the activity

Contact: Megan - NT Cricket
P - 0498 221 991
E - megan.harris@ntcricket.com.au

Lounge To Laps - swimming

Wednesdays x 4 **\$40 for the course**
5:30pm - 6:30pm ★ **Bookings required!**
15 October to 05 November
Casuarina Aquatic & Leisure Centre (CALC)
17 Gsell Street, Casuarina

Contact: Jac - Darwin Stingers Masters Swimming Club
P - 0417 884 280
E - jstirrat@bigpond.net.au

Health Workshop Series

Wednesdays x 6 **NO COST to attend**
6:00pm - 7:00pm ★ **Bookings required!**
Chiropractic Life Casuarina, 46 Vanderlin Drive

01 October - Bulletproof Your Lower Back

Whether you're recovering from an injury or want to prevent future issues, this workshop will give you the tools to protect and strengthen your spine naturally.

05 November - Sleep Well To Be Well

How can you optimise your body, brain, and nervous system to power up your zzz's? Transform your sleep and revitalise your life with this workshop.

03 December - Stress

Join us for this insightful workshop about stress and its impact on the central nervous system. Discover ways to manage negative stress and enjoy a life of optimal vitality!

14 January - Atomic Habits: Build Habits That Stick

We will focus on how small decisions can build new habits each day, create new brain pathways and optimise our vitality and function.

11 February - Fix Your Form To Perform

Proper postural alignment can make you more comfortable and powerful in life's pursuits, whether in the gym, out on the field, or in the office 9-5.

11 March - The Spectrum Revealed

"All children have within them the potential to be great kids. It's our job to create a world where this potential can flourish". How can we, as parents, provide stimulus, nutrition and activities that can help unleash our children's potential?

Contact: Chiropractic Life Casuarina

W - www.chiropracticlife.com.au

EB - www.eventbrite.com/cc/casuarina-upcoming-events to find out more and book your place.

To find out more about Healthy Darwin:

Follow us on [Facebook](#)

healthydarwin@darwin.nt.gov.au

08 8930 0300

