

# HEALTHY DARWIN

# 2025-26 Wet Season Weekly Activities

## Beginners' Yoga

**Mondays** 05 Jan - 30 March  
8:45am - 9:45am  
CALC Community Room  
Casuarina

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

New  
time in  
2026

## 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://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](mailto: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](mailto: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](mailto:healthydarwin@darwin.nt.gov.au)
- Call 08 8930 0300



# HEALTHY DARWIN

## 2025-26 Wet Season Healthy Lifestyle Workshops & Short Courses

### Natto Workshop - Japanese Superfood

Natto is a traditional Japanese food made from fermented soybeans with health benefits like helping digestion and boosting immunity.

Taste Natto in creative ways using foods like bread and cheese, and take home samples.

**Saturday 31 January** **\$15 per person**  
12:00pm - 1:30pm **★ Bookings required!**  
Malak Community Centre  
Small Hall  
13 Malak Crescent, Malak

Contact: Sachi Hirayama  
E - [sachi.hirayama@gmail.com](mailto:sachi.hirayama@gmail.com)  
P - 0401 513 386

### Darwin Social Smash - Cricket For 12-17 year old girls and boys

A fast-paced, social cricket game, designed to promote active lifestyles and community connection.

Inspired by backyard cricket, matches run for 60 minutes and feature 8-a-side teams, simplified rules, carbon-fibre bats, and dynamic scoring zones.

**Tuesdays x 4** **\$30 for the program**  
10 February to 03 March **★ Bookings required!**  
5:30pm - 6:30pm  
DXC Arena (NT Cricket)  
155 Abala Road, Marrara

Contact: Megan - NT Cricket  
E - [megan.harris@ntcricket.com.au](mailto:megan.harris@ntcricket.com.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 Low 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](http://www.chiropracticlife.com.au)  
EB - [www.eventbrite.com/cc/casuarina-upcoming-events](http://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](mailto:healthydarwin@darwin.nt.gov.au)

08 8930 0300

