

HEALTHY DARWIN

2026 Dry Season Weekly Activities

Sunrise Yoga

Mondays 13 April - 28 Sept
(excluding Public Holidays)
6:15am - 7:00am
N'cliff Foreshore - Seabreeze Slab

No bookings required!
Contact: Jo - Darwin Yoga With Jo
E - darwin योगawithjo@outlook.com
IG - [instagram.com/darwin_yoga_with_jo](https://www.instagram.com/darwin_yoga_with_jo)

Toddler & Mum Dance

Mondays 13 April - 28 Sept
(excluding Public Holidays)
9:15am - 10:00am
Nightcliff Community Centre

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

Beginners' HIIT

Tuesdays 06 April - 29 Sept
5:00pm - 5:45pm
Garamanuk Park
Lyons

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

Clinical Pre-Natal Exercise

Wednesdays 01 April - 30 Sept
11:00am - 12:00pm
Vitality Health & Rehab
Coconut Grove

★ **Bookings required!**
Contact: Vitality Health & Rehab
P - 0477 193 541
W - [gymcatch.com/app/provider/10362](https://www.gymcatch.com/app/provider/10362)

Radiant Lotus Women's Qigong

Thursdays 02 April - 24 Sept
5:30pm - 6:30pm
East Point Reserve

★ **Bookings required!**
Contact: Sheila - Yuyang Yoga
P - 0428 444 347
E - daisymaynanna@gmail.com

Zumba Mash-Up

Thursdays 02 April - 24 Sept
6:15pm - 7:00pm
Harmony Hall
Malak

No bookings required!
Contact: Top End Zumba Crew
P - 0417 820 380
W - www.fitnesshubdarwin.com

Fitness 4 Independence

Fridays 10 April - 25 Sept
(excluding Public Holidays)
9:00am - 9:45am
CALC - Community Room

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

Aqua HIIT

Saturdays 11 April - 26 Sept
(excluding ANZAC Day Public Hol.)
8:00am - 8:45am
Darwin Ski Club Swimming Pool

★ **Bookings required!**
Contact: Fitnutz H₂O
P - 0421 986 252
E - nichole.higgins@cdu.edu.au

Vitality Pilates

Sundays 12 April - 27 Sept
8:00am - 8:45am
Nightcliff Community Centre
Boab Room

No bookings required!
Contact: Blair Pilates & Yoga
E - lragm1990@gmail.com

Slow Sundays Yin Yoga

Sundays 12 April - 27 Sept
10:00am - 11:00am
Rich Life Health & Fitness
Cullen Bay

★ **Bookings required!**
Contact: The Well Beings Space
P - 0422 158 942
E - thewellbeingsspace@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

Healthy Lifestyle Workshops & Short Courses 2026 Dry Season

Get Into Golf

Mondays x 8
5:30pm - 6:30pm

\$10 per session
★ **Bookings required!**

01 June - 27 July (excl. 08 June Public Holiday)
Gardens Park Golf Links, 1 Chin Quan Rd, The Gardens

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

Laughter Wellness Workshops

Tuesdays x 6
6:00pm - 7:00pm

NO COST to attend
No bookings required!

07 April, 05 May, 02 June, 06 July, 04 August, 01 Sept.
Sunset Park, Nightcliff Foreshore

Contact: Stacie
P - 0416 592 445
E - Stacie.Ashlett@gmail.com

Lounge To Laps - Swimming

Wednesdays x 4
6:30pm - 7:30pm

\$40 for the course
★ **Bookings required!**

19 August - 09 September
Casuarina Aquatic & Leisure Centre (CALC)

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

Sunset Come & Try Bellydancing

Fridays x 2
5:30pm - 6:30pm

\$10 per adult/free for U18
No bookings required!

22 May and 07 August
Seabreeze Slab, Nightcliff Foreshore

Contact: Myf - Darwin Bellydance
P - 0418 850 441
W - darwinbellydance.com.au

Lifestyle Health Workshop Series

Wednesdays x 6

NO COST to attend
★ **Bookings required!**

6:00pm - 7:00pm

15 April	Bulletproof Your Low Back
20 May	Headaches
22 July	Sciatic Solutions
19 August	Anxiety

9:30am - 10:30am

17 June	Tummy Time
16 September	Taming Toddlers

Chiropractic Life Casuarina, 46 Vanderlin Drive

Contact: Tayla - Chiropractic Life Casuarina
W - www.chiropracticlife.com.au

Women's Wellness Workshop

Saturday 13 June
9:45am - 3:15pm

\$10 per session
★ **Bookings required!**

10:00am	Yin Yoga
11:15am	Women's Hormone Yarn
12:30pm	Food For Health
1:45pm	Sound Healing & Deep Rest
3:00pm	Closing and Social Time

Flexible attendance welcome

Casuarina Aquatic & Leisure Centre Community Room

Contact: Kristy - Everlasting Health
P - 0411 378 997
E - kristy@everlasting-health.com.au

To find out more about Healthy Darwin:

Follow us on [Facebook](#)
healthydarwin@darwin.nt.gov.au

08 8930 0300

