

HEALTHY DARWIN

2026-27 Wet Season Weekly Activities

Mums & Kids Fitness

Mondays 26 Oct - 29 March
9:30am - 10:30am
Nightcliff Community Centre
Nightcliff

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

Functional Low Impact

Tuesdays 20 Oct - 30 March
10:00am - 10:45am
Lyons Community Centre
Lyons

★ **Bookings required!**
Instructor: Tanya - OJFit 4 Life
P - 0422 046 377
E - tanya@ojfit.com.au

Beginners' HIIT

Tuesdays 06 Oct - 30 March
5:00pm - 5:45pm
CALC Community Room
Casuarina

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

Zumba and Toning - Mums 'n' Bubs & Seniors

Wednesdays 07 Oct - 31 March
9:00am - 9:45am
Harmony Hall, Malak

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

Zumba Mashup

Thursdays 01 Oct - 25 March
6:15pm - 7:00pm
Harmony Hall
Malak

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

Cardio Tennis

Thursdays 01 Oct - 25 March
7:00pm - 8:00pm
Gardens Tennis Club
The Gardens

No bookings required!
Instructors: Alexis & Andrés - GTC
P - 0413 305 181
E - info@gardenstennis.com.au

Fitness 4 Independence

Fridays 02 Oct - 26 March
9:00am - 9:45am
CALC Community Room
Casuarina (or NCC 12/02-19/03)

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

Aqua HIIT

Saturdays 03 Oct - 27 March
8:00am - 8:45am
Darwin Ski Club Swimming Pool
Fannie Bay

No bookings required!
Instructor: Nikki - Fitnutz H₂O
P - 0421 986 252
E - nichole.higgins@cdu.edu.au

Yoga Sculpt

Saturdays 03 Oct - 27 March
9:30am - 10:15am
Trybe Flow Studio
Stuart Park

★ **Bookings required!**
Instructor: Sonia - Trybe Flow
W - www.trybeflow.com.au
E - sonia@trybeflow.com.au

Vitality Pilates

Sundays 04 Oct - 28 March
8:00am - 8:45am
Nightcliff Community Centre
Nightcliff

No bookings required!
Instructor: Blair - 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

2026-27 Wet Season Healthy Lifestyle Workshops & Short Courses

Get Into Golf

Mondays x 8 **\$10 per session**
5:30pm - 6:30pm ★ **Bookings required!**

05 October - 23 November
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

Monthly Health Workshops

Wednesdays x 6 **FREE to attend**
6:15pm - 7:15pm ★ **Bookings required!**

15 Oct	Bulletproof Your Low Back
18 Nov	Headaches & Migraines
09 Dec	How To Survive The Holiday Season
20 Jan	Atomic Habits
17 Feb	Sleep, Screens & Social Media
10 Mar	Menopause Mastery

Chiropractic Life Casuarina, 46 Vanderlin Drive

Contact: Tayla - Chiropractic Life Casuarina
W - www.chiropracticlife.com.au
EB - www.eventbrite.com/cc/casuarina-upcoming-events-2883699

Slow Sunday Yin & Restorative Yoga

Sundays 2 x 8-week blocks **\$10 per session**
10:00am - 11:00am ★ **Bookings required!**

18 October - 06 December &
07 February - 28 March
Rich Life Health & Fitness
1-3, 51 Marina Boulevard, Cullen Bay

Instructor: Nadene - The Well Beings Space
P - 0422 158 942
E - thewellbeingsspace@gmail.com

MADE Football/Soccer Program

Wednesdays 2 x 8-week blocks **\$5 per session**
4:30pm - 5:30pm No bookings required!

Dates and location to be advised once confirmed
Details will be advertised as soon as possible

Contact: MADE Concepts
E - madeconceptspty@gmail.com
P - 0434 433 078

Stronger Together Workshops

Saturdays x 6 **\$10 per adult per session**
10:00am - 11:15am* ★ **Bookings required!**

24 Oct	Mango Madness: Keeping Your Cool in the Silly Season
07 Nov	Why Won't They Listen?! Managing Challenging Behaviours
05 Dec	Screening Screens for Kids: Creating Healthy Screentime Habits
09 Jan	Stop the Fighting! Practical Relationship Skills for Couples and Families
30 Jan	Don't Lose Yourself: Parenting in the Early Years
13 Mar	On the Same Team: Sharing the Parental Load - 1:00 - 2:15pm*

Casuarina Library Community Room
17 Bradshaw Terrace, Casuarina

Host: Laura - Strong Minds Counselling Services
E - laura.strongminds@gmail.com
P - 0490 920 329

To find out more about Healthy Darwin:

healthydarwin@darwin.nt.gov.au

Follow us on [Facebook](#)

08 8930 0300

