

HEALTHY DARWIN

Weekly Activity 2024-25 Wet Season

Beginners' HIIT

Beginners' HIIT is a high intensity training session designed for those beginning their fitness journey or wanting to return to being active.

Intermediate fitness levels are welcomed as exercises can be modified for your fitness level, abilities or injuries.

A great small class with friendly people to ease you back into training!

Tuesdays 01 October - 25 March
5:00pm - 5:45pm
Lyons Community Centre
25 Damabila Drive, Lyons

No bookings required!
Instructor: Ruby - Storm PT
P - 0451 019 117
E - ruby.ocallaghan@hotmail.com



STORM PT

To find out more about this activity,
contact the instructor directly.

Only \$5 per session!



To find out more about Healthy Darwin:
Follow us on [Facebook](#)
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08 8930 0300

CITY OF
DARWIN