

HEALTHY DARWIN

Weekly Activity 2025 Dry Season

Mums & Bubs Exercise

A fun, supportive environment where mums can reconnect with their fitness while bonding with their little ones!

Whether you're looking to rebuild strength, improve flexibility, or just get moving, our Exercise Physiologist will guide you through safe, effective exercises designed for postpartum recovery.

Babies are welcome, so you can enjoy a workout while keeping your little one close.

Come sweat, smile, and socialise in a friendly, welcoming space, perfect for new mums at any stage of their postpartum journey!

Wednesdays 02 April - 24 September

10:00am - 10:45am

Vitality Health & Rehab

5/8 Totem Road, Coconut Grove

No bookings required!

Instructor: Mel - Vitality Health & Rehab

P - 0477 193 541

E - admin@vitalityhealthrehab.com.au

VITALITY
Health & Rehab

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

Only \$5 per session!



To find out more about Healthy Darwin:

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healthydarwin@darwin.nt.gov.au

08 8930 0300


**CITY OF
DARWIN**