

# HEALTHY DARWIN

## 2025-26 Wet Season Weekly Activity

### 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** 28 October - 31 March

**5:00pm - 5:45pm**

**Casuarina Aquatic & Leisure Centre Community Room**

17 Gsell Street, Casuarina

No bookings required!

Instructor: Ruby - Storm PT

**P** - 0451 019 117

**E** - [stormptnt@gmail.com](mailto:stormptnt@gmail.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](#)

[healthydarwin@darwin.nt.gov.au](mailto:healthydarwin@darwin.nt.gov.au)

08 8930 0300

