

HEALTHY DARWIN

2025-26 Wet Season Weekly Activity

No Frills Training!

Simple but effective physical activity, guided by registered physiotherapist, Luca Masieri.

NO equipment, NO excuses, only Good Vibes!! Open to everyone regardless of current level of physical activity and age.

These classes focus on exercises that mimic everyday movements, improving your body's ability to perform daily tasks with ease and efficiency.

These activities will emphasise multi-joint movements and compound exercises like squats, lunges, and deadlifts, to engage multiple muscle groups simultaneously. This approach enhances overall strength, stability, and coordination.

BYO towel, yoga mat & water bottle

Mondays 06 October - 30 March

6:00pm - 6:45pm

Casuarina Aquatic & Leisure Centre Community Room

17 Gsell Street, Casuarina

No bookings required!

Instructor: Luca - registered physiotherapist

P - 0461 506 877

E - masieri.luca@gmail.com

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

NO COST to attend!

Instead, you are encouraged to donate your participant fees to a local charitable or not-for-profit organisation.



To find out more about Healthy Darwin:

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healthydarwin@darwin.nt.gov.au

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