

Seniors' Aqua Aerobics

These classes are suitable for all levels of fitness and can be adapted to help those with any ailments that may prevent them from doing certain activities.

Our pool is saltwater with added magnesium for health benefits and heated to 33°C. It has a stair entry making it easy to enter, is private so there is no interruption to classes, and can be enclosed to avoid bad weather so we have no need to cancel sessions apart from Cyclone Watch/Warning.

Wednesdays 01 October - 25 March

12:00pm - 12:45pm

NT Swim School

12 Caryota Court, Coconut Grove

No bookings required!

Instructor: NT Swim School

P - 0498 100 050

E - hollie@hgfitness.com.au



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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08 8930 0300