

# HEALTHY DARWIN

## Weekly Activity 2026 Dry Season

### Aqua HIIT

Aqua HIIT alternates short bursts of high-intensity exercise with lower-intensity recovery periods, giving you a powerful full-body workout without the impact.

Thanks to the buoyancy of the water, you can work at a higher intensity while reducing stress on your joints—making Aqua HIIT one of the safest and most effective ways to build strength and cardiovascular fitness in a non-impact environment.

Classes combine toning and cardio exercises to motivating music in deep water. A variety of equipment is used, with buoyancy belts provided, so swimming ability is not required.

Suitable for all fitness levels and abilities.  
Please bring a hat, towel, and water bottle

**Saturdays** 11 April - 26 September (excluding ANZAC Day public holiday)

**8:00am - 8:45am**

**Darwin Ski Club - Pool**

20 Conacher St, Fannie Bay

★ **Bookings required!**

Contact: Fitnutz H<sub>2</sub>O

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

**Only \$5 per session!**



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