

HEALTHY DARWIN

2026-27 Wet Season Weekly Activity

Functional Low Impact

Move well, feel strong, and stay active.

This supportive session is perfect for our senior community or anyone managing an injury.

We focus on strength, balance, coordination, and cognitive skills - all in a fun, encouraging environment.

Tuesdays 20 October - 30 March

10:00am - 10:45am

Lyons Community Centre

25 Damabila Drive, Lyons

No bookings required!

Instructor: Tanya - OJFit 4 Life

P - 0422 046 377

E - tanya@ojfit.com.au



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](#)

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