

HEALTHY DARWIN

2026-27 Wet Season Weekly Activity

Beginners' HIIT

Beginners' HIIT is a low-pressure class designed for absolutely everyone. Whether you're new to exercise, returning after time off, managing an injury, or simply looking for a quieter Tuesday session to get moving, this class meets you where you're at.

With low-impact options, simple intervals, and plenty of modifications, you'll build strength, improve mobility, and gently raise your heart rate in a supportive and inclusive environment.

Come as you are and move at your own pace.

Tuesdays 06 October - 30 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



STORM PT

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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healthydarwin@darwin.nt.gov.au

08 8930 0300

