

Fitness 4 Independence

Fitness 4 Independence is a weekly 45-min exercise program for adults aged 50+ that helps participants maintain the strength, balance, mobility and confidence needed for everyday living.

Suitable for easy to moderate fitness levels, the classes combine seated and standing exercises, making them accessible for people returning to exercise, managing chronic health conditions or wanting to remain active and independent.

Participants work at their own pace in a supportive and social environment, with a focus on improving functional fitness, reducing falls risk, enhancing overall wellbeing and encouraging social connection.

Fridays 02 October - 26 March*

9:00am - 9:45am

Casuarina Aquatic & Leisure Centre Community Room

17 Gsell Street, Casuarina

***12 February - 19 March at Nightcliff Community Centre**

18 Bauhinia Street, Nightcliff

★ Bookings required! superageing.com.au/bookings/

Instructor: Sharon - Super Ageing

P - 0438 890 089

E - sharon@superageing.com



SUPERAGEING
SHARON KELLY

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

Only \$5 per session!



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healthydarwin@darwin.nt.gov.au

08 8930 0300

