

HEALTHY DARWIN

2026-27 Wet Season Weekly Activity

Mums & Kids Fitness

Grab your child, friend, mum etc. and come along to a fun fitness class for all that welcomes everyone and every ability.

Marissa is trained in pre- and post-natal exercise, so this is great for mums wanting to return to exercise or wanting to step it up.

No weights in this class, making it safe for little ones of all ages to join in.

Mondays 26 October - 29 March

9:30am - 10:30am

Nightcliff Community Centre - Boab Room

18 Bauhinia Street, Nightcliff

No bookings required!

Instructor: Marissa - The BGs

P - 0426 002 782

E - marissakhush@gmail.com

To find out more about this activity, contact the instructor directly or follow [The BGs - Baby & Guardian Grooves](#) on Facebook.

Only \$5 per family per session!



To find out more about Healthy Darwin:

Follow us on [Facebook](#)

healthydarwin@darwin.nt.gov.au

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