



Yogalaties In The Park

Tuesdays 12:00-12:45pm

Yogalaties is a mix of Yoga stretch and Pilates core strength work.

The Yoga will see you stretch out and prepare for the session, relaxing the mind and body.

The Pilates will help improve posture and strengthen your core.

All while enjoying the fresh air and views over Darwin Harbour.

Location: Bicentennial Park, under the trees near The Cenotaph

Cost: \$5 per person

No bookings required

Contact: HG Fitness hollie@hgfitness.com.au

BYO mat or towel, & a water bottle

Suitable for all fitness levels



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