



# Health In Motion

## Fridays 8:00-8:45am

Don't forget  
your hat,  
sunscreen &  
comfy shoes

Let's go outdoors and get fit together!

Health In Motion is an outdoor group fitness program for adults over 50. The sessions offer circuit-based training, incorporating a variety of strength, cardio and balance exercises.

Following your workout, you will be guided through a range of flexibility and breathing foundations.

These sessions offer a supportive and fun environment, where you can build confidence in your ability to perform physical activities alongside new friendships and connections.

This is a great opportunity to connect with like-minded people in a fun and friendly outdoor setting.

**Location:** Street Workout Station, East Point Reserve

**Cost:** \$5 per session **Bookings essential!**

**Contact:** Southern Cross Care Health and Wellness Services  
8946 1824 or [darwin.hws@southerncrosscare.com.au](mailto:darwin.hws@southerncrosscare.com.au)

BYO mat  
or towel,  
& a water  
bottle



Healthy Darwin

[www.darwin.nt.gov.au/community/programs/healthy-darwin](http://www.darwin.nt.gov.au/community/programs/healthy-darwin)  
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