



# Master Your Mobility & Flexibility

**Block 1 - Mondays** 10:00-11:00 09 May - 06 June  
Jingili Water Gardens, near the Regional Playground

**Block 2 - Mondays** 10:00-11:00 20 June - 18 July  
Nightcliff Foreshore, near Chapman Road carpark

**Block 3 - Thursdays** 12:00-12:45 11 August - 08 September  
Bicentennial Park, under the trees near The Cenotaph

Tips for a healthier, happier life!

Good Mobility and Flexibility enable our bodies to function freely and properly through our joints' full range of motion. This helps in our everyday life by reducing our risk of injury, reducing pain, improving strength and cardiovascular health, improving balance and posture, and it can even help us feel happier, leading to an improved quality of life.

Each week, Maria will guide you through a low-medium intensity full body workout where you will learn specific exercises to improve your mobility and flexibility through your joints, muscles and soft tissue. You will build your knowledge and practice, seeing improvements and gaining confidence.

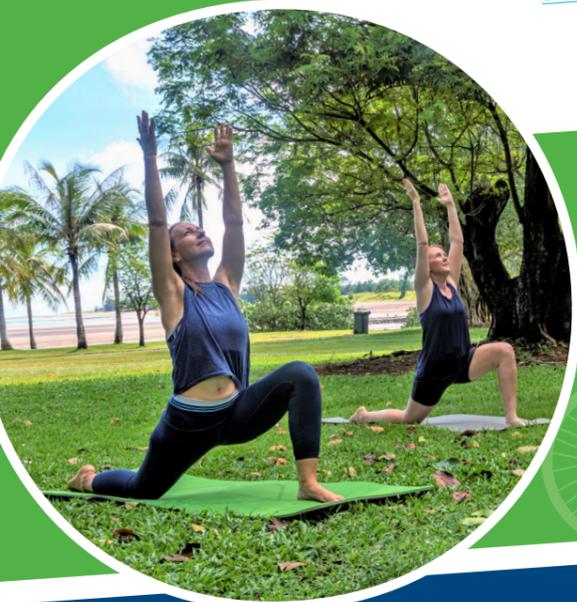
At the end of the 5-week block, you will have learned a series of exercises you can practice at home to maintain and ultimately Master Your Mobility and Flexibility for the rest of your life!

**Cost:** \$5 per person per session

**No bookings required!**

**Contact:** Present WAY Coaching - Maria 0427 997 642 or [maria@presentwaycoaching.com](mailto:maria@presentwaycoaching.com)

BYO mat or towel, & a water bottle



[darwin.nt.gov.au/healthydarwin](http://darwin.nt.gov.au/healthydarwin)  
P: 8930 0431 | E: [healthydarwin@darwin.nt.gov.au](mailto:healthydarwin@darwin.nt.gov.au)

