



Power Up Confidence to exercise in open spaces

Thursdays 8:30-9:15am February & March

Do you want to exercise outdoors but not sure how?
Want to get fitter and feel more confident?

Let Healthy Living NT assist you to learn how to use the outdoor exercise equipment along Nightcliff Foreshore so you can make the most of Darwin's beautiful green spaces to get fitter, more confident and get a great workout.

Locations: Meet at Nightcliff Foreshore Exercise Station 4, next to Nightcliff Pool - every Thursday in February
Meet at Nightcliff Foreshore Exercise Station 6, Sunset Park (near Nightcliff Jetty) - every Thursday in March

Cost: \$5 per person

Bookings Essential! *BYO water bottle, hat & towel*

Contact: Lee-Ann at Healthy Living NT 8927 8488
or hpm@healthylivingnt.org.au

Have fun
& feel
great!



Life. Be in it.™



www.darwin.nt.gov.au/community/programs/healthy-darwin
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