



Have fun  
& feel  
great!

## Power Up Confidence to exercise in open spaces

Thursdays 8:30-9:15am during Term 2<sup>^</sup> & Term 3\*

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

Let Healthy Living NT assist you use the beautiful surrounds of Nightcliff Foreshore to get fitter, more confident and use various outdoor equipment and green spaces to get a great workout.

<sup>^</sup>Term 2 - 27 April to 22 June:

meet at Exercise Station 4, Nightcliff Foreshore (next to Nightcliff Pool)

\*Term 3 - 20 July to 21 September:

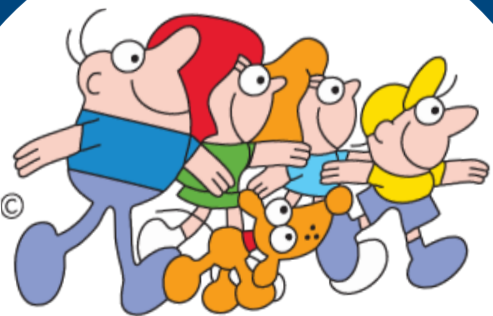
meet at Exercise Station 6, Sunset Park, Nightcliff Foreshore (near The Jetty)

Cost: \$5 per person **Bookings Essential!**

Contact: Lee-Ann at Healthy Living NT on 8927 8488 or  
[hpm@healthylivingnt.org.au](mailto:hpm@healthylivingnt.org.au)

BYO  
water  
bottle, hat  
& towel

healthylivingNT



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