

Beginners' HIIT in the Park

Beginners' HIIT is a high-intensity training session designed for those beginning their fitness journey or wanting to return to being active.

Intermediate fitness levels are welcomed as exercises can be modified for your fitness level, abilities or injuries.

A great small class with friendly people to ease you back into training!

Tuesdays 06 April - 29 September

5:00pm - 5:45pm

Garamanuk Park

next to Lyons Community Centre
25 Damabila Drive, Lyons

No bookings required!

Instructor: Ruby - Storm PT

P - 0451 019 117

E - stormptnt@gmail.com



STORM PT

To find out more about this activity,
contact the instructor directly.

Only \$5 per session!



To find out more about Healthy Darwin:

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