

Toddler & Guardian Dance Fitness

These classes are all about having fun, moving your body and connecting with your little ones through music and dance.

Mums/guardians, these classes are just as much for you as they are for your children, so please wear active wear and bring good vibes.

Marissa is trained in post- and pre-natal exercise and a mum herself to two young kids.

Mondays 13 April - 28 September (excluding public holidays)

9:15am - 10:00am

Nightcliff Community Centre - Boab Room

18 Bauhinia Street, Nightcliff

No bookings required!

Instructor: Marissa - The BGs

P - 0426 002 782

E - marissakhush@gmail.com

To find out more about this activity, contact the instructor directly or follow [The BGs - Baby & Guardian Grooves](#) on Facebook.

Only \$5 per family per session!



To find out more about Healthy Darwin:

Follow us on [Facebook](#)

healthydarwin@darwin.nt.gov.au

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