



# WEEKLY SUBSIDISED ACTIVITIES

## OCTOBER 2020 - MARCH 2021

Don't let  
the Wet  
Season slow  
you down!

### Kickstart Your Monday - Bootcamp\*

Mondays  
6:00-6:45am

Vestey's Beach - grassy area  
Fannie Bay

Sue - InsideOut Fitness  
0400 352 498

\$5

### Bootcamp

Mondays  
5:15-6:00pm

Harmony Hall  
44 Patterson St, Malak

Chico's Fitness  
0408 088 091

\$5

### Empowering Women\*

Tuesdays  
9:15-10:00am

Lyons Community Centre  
25 Damabila Dr, Lyons

Tanya - OJ Fit 4 Life  
0422 043 677

\$5

### See Change Body Work

Tuesdays  
5:30-6:15pm

Ski Club grounds & pool  
20 Conacher St, Fannie Bay

Nikki - Fitnutz H2O  
0421 986 252

\$5

### Seniors Aqua

Wednesdays  
12:00-12:45pm

NT Swim School  
12 Caryota Crt, Coconut Grove

Hollie - HG Fitness  
[hollie@hgfitness.com.au](mailto:hollie@hgfitness.com.au)

\$5

### Zumba

Wednesdays  
6:15-7:00pm

Harmony Hall  
44 Patterson St, Malak

Mini - Zumba Sistas  
0402 260 070

\$5

### Mum & Bubs Yoga

Thursdays  
10:00-11:00am

Nightcliff Community Centre  
18 Bauhinia St, Nightcliff

Emilyogalady  
0416 277 650

\$5

### Ignite Yourself\*

Thursdays  
5:30-6:15pm

Darwin Squash Centre  
6 Marrara Dr, Marrara

Dee Waterson  
[dee@igniteyourself.com.au](mailto:dee@igniteyourself.com.au)

\$5

### Aqua Aerobics

Sundays  
9:00-9:45am

Casuarina Pool  
Angelo Street, Casuarina

Audrey - 4eva Fitness & Training  
[audleah215@optusnet.com.au](mailto:audleah215@optusnet.com.au)

\$5

\*These classes  
have  
limited places.  
Contact the  
instructor to book  
your spot!

Fun  
ways to  
exercise  
and get  
fit!

