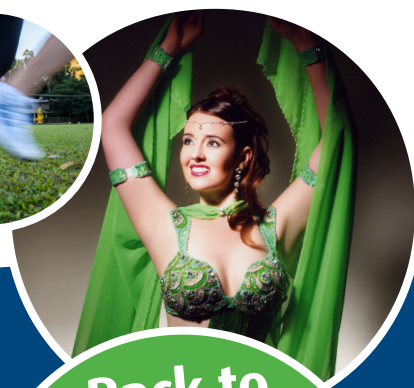


# WEEKLY SUBSIDISED ACTIVITIES

## JULY - SEPTEMBER 2020



Back to  
face-to-face  
activities  
post-  
COVID19!

### Kickstart Your Monday - Bootcamp\*

Mondays  
6:00-6:45am

Vestey's Beach - grassy area  
Fannie Bay

Sue - InsideOut Fitness  
0400 352 498

\$5

### Mi Wellbeing (yoga, meditation, mindfulness)

Mondays  
10:00-11:00am

MiPlace Drop-in Centre  
2/273 Bagot Road, Coconut Grove

Mental Illness Fellowship  
Australia NT 8948 1051

Gold  
coin

### Mum & Bubs Bellydance\*

Mondays  
10:30-11:30am

Jamealah Dance Studio  
44 Murrabibbi St, Leanyer

Myf - Jamealah Bellydancers  
[darwinbellydance@gmail.com](mailto:darwinbellydance@gmail.com)

\$5

### CoreFit\*

Mondays  
12:15-1:00pm

BodyFit Allied Health, Bayview  
16/59 Bayview Boulevard

Jamie - BodyFit Allied Health  
8981 2886

\$5

### Zumba

Wednesdays  
6:15-7:00pm

Harmony Hall  
44 Patterson St, Malak

Mini - Zumba Sistas  
0402 260 070

\$5

### Yogalaties

Thursdays  
12:00-12:45pm

Bicentennial Park near  
The Cenotaph, The Esplanade

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

\$5

### Boxfit

Thursdays  
5:15-6:00pm

Harmony Hall  
44 Patterson St, Malak

Chico's Fitness  
0408 088 091

\$5

### Bootcamp

Saturdays  
8:00-9:00am

Millner PS basketball courts  
41 Sabine Road, Millner

Steph - Juggernaut Fitness  
[admin@juggfit.com.au](mailto:admin@juggfit.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!

