



# WEEKLY SUBSIDISED ACTIVITIES

## APRIL - SEPTEMBER 2021

Helping you  
make the  
most of the  
Dry Season!

### Mummy Movers\*

Mondays  
10:00-11:00am

Healthy Living NT  
2 Tiwi Place, Tiwi

Jodie - HLNT 8927 8488 or  
[hpm@healthylivingnt.org.au](mailto:hpm@healthylivingnt.org.au)

\$5

### Metafit HITT

Mondays  
5:15-6:00pm

Bicentennial Park (opp. The  
Mantra), Darwin

Oley - OKFitness 0408 088 091  
or [oley71@hotmail.com](mailto:oley71@hotmail.com)

\$5

### Empowering Women

Tuesdays  
9:15-10:00am

Garamanak Park  
25 Damabila Drive, Lyons

Tanya - OJ Fit 4 Life 0422 043 677  
or [tanya@ojfit.com.au](mailto:tanya@ojfit.com.au)

\$5

### Yogalaties In The Park

Tuesdays  
12:00-12:45pm

Bicentennial Park (near  
The Cenotaph), Darwin

Hollie - HG Fitness 0421 500 286  
or [hollie@hgfitness.com.au](mailto:hollie@hgfitness.com.au)

\$5

### Ignite Yourself\*

Tuesdays  
5:30-6:15pm

Nightcliff Foreshore (opp.  
northern end of Aralia Street)

Dee - 0432 142 661 or  
[dee@igniteyourself.com.au](mailto:dee@igniteyourself.com.au)

\$5

### Zumba

Wednesdays  
6:15-7:00pm

Harmony Hall  
44 Patterson Street, Malak

Mini - Zumba Sistas 0402 260 070  
or [mini.edwards@bigpond.com](mailto:mini.edwards@bigpond.com)

\$5

### Boxfit

Thursdays  
5:15-6:00pm

Harmony Hall  
44 Patterson Street, Malak

Chico's Fitness  
0408 088 091

\$5

### Kangatraining\*

Fridays  
10:00-11:00am

Dreambuilders Church  
82 Leanyer Drive, Leanyer

Tegan - 0423 066 405 or  
[tegan@kangatraining.com.au](mailto:tegan@kangatraining.com.au)

\$5

### Social Fitness Bike Ride

Sundays  
7:00-8:30am

Nightcliff Pool carpark (east)  
Nightcliff Foreshore

Dave - Auscycling NT 0423 364 985  
or [david.wigley@auscycling.org.au](mailto:david.wigley@auscycling.org.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!

