



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

\$5

Metafit HIIT

Mondays
5:15-6:00pm

Bicentennial Park (opp. The
Mantra), Darwin

Oley - OKFitness 0408 088 091
or 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

\$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

\$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

\$5

Zumba

Wednesdays
6:15-7:00pm

Harmony Hall
44 Patterson Street, Malak

Mini - Zumba Sistas 0402 260 070
or 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

\$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

\$5

Aqua Aerobics

Sundays
9:00-9:45am

Casuarina Pool
Angelo Street, Casuarina

Audrey - 4eva Fitness & Training
audleah215@optusnet.com.au

\$5

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

Fun
ways to
exercise
and get
fit!

