

# WEEKLY SUBSIDISED ACTIVITIES APRIL - SEPTEMBER 2023



\*denotes  
bookings  
required ~  
please contact  
the instructor  
directly

## Outdoor Bootcamp\* (from April 17)

Mondays  
5:00-5:45pm

Nightcliff Foreshore - Sunset Park  
(near Nightcliff Jetty)

Linda ~ Limitless Kinetic Fitness 0439  
527 875 or [lindakapitulao2@gmail.com](mailto:lindakapitulao2@gmail.com)

\$5

## Empowering Women\*

Tuesdays  
9:15-10:00am

Lyons Community Centre  
25 Damabila Drive, Lyons

Tanya ~ OJFit4Life 0422 043 677  
or [tanya@ojfit.com.au](mailto:tanya@ojfit.com.au)

\$5

## Mindful Movement with Maria

Wednesdays  
9:00-9:45am

Nightcliff Comm. Centre - Boab  
Room, 18 Bauhinia Street

Maria ~ 0427 997 642 or [maria@movementandmindsetcoaching.com](mailto:maria@movementandmindsetcoaching.com)

\$5

## Yoga In The Park (July-September)

Wednesdays  
12:00-12:45pm

Bicentennial Park - The Cenotaph,  
under the trees

Emily Claire Yoga ~ 0457 585 963  
or [emily.c.nolan@hotmail.com](mailto:emily.c.nolan@hotmail.com)

\$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

## Power Up ~ Confidence To Exercise Outside\* (during school terms)

Thursdays  
8:30-9:15am

Nightcliff Foreshore - Outdoor  
Exercise Stations

Lee-Ann ~ Healthy Living NT 8927  
8488 or [hpm@healthylivingnt.org.au](mailto:hpm@healthylivingnt.org.au)

\$5

## Boxfit

Thursdays  
5:15-6:00pm

Harmony Hall  
44 Patterson Street, Malak

Chico's Fitness ~ 0408 088 091  
or [www.fitnesshubdarwin.com](http://www.fitnesshubdarwin.com)

\$5

## Health In Motion\* (from 05 May)

Fridays  
8:00-8:45am

East Point Reserve - meet at  
the Street Workout Station

Southern Cross Care ~ 8946 1824 or  
[darwin.hws@southerncrosscare.com.au](mailto:darwin.hws@southerncrosscare.com.au)

\$5

## Mums & Bubs Yoga (from 14 April)

Fridays  
10:30-11:30am

Agoy Yoga  
28 Bishop Street, Woolner

Emily ~ emilyogalady 0416 277 650  
or [emilywilliams@live.com.au](mailto:emilywilliams@live.com.au)

\$5

## Boxfit Bootcamp\* (from 15 April)

Saturdays  
9:00-9:45am

Nightcliff Foreshore - Seabreeze  
Slab (near The Jetty)

Jacinta ~ TFG 0437 291 955  
or [territoryfitnessgroup@yahoo.com](mailto:territoryfitnessgroup@yahoo.com)

\$5

For full details of all these activities, please contact the instructor or check out our posts and Events on:  
Healthy Darwin Facebook page ~ <https://www.facebook.com/healthydarwin/>  
Healthy Darwin webpage ~ <https://www.darwin.nt.gov.au/community/programs/healthy-darwin>  
where you'll find info on all our **Dry Season Healthy Living Workshops & Short Courses** too!



Helping you  
make the  
most of the  
Dry Season!







# HEALTHY LIFESTYLE WORKSHOPS & SHORT COURSES - 2023 DRY SEASON

\*denotes bookings required ~ please contact the instructor directly

## Clogging Dance Classes For All

Sundays x 10  
1:30-2:30pm  
23/04 - 21/05  
23/07 - 20/08

Malak Community Centre  
13 Malak Crescent, Malak

Christine ~ Darwin Clogging 0439 613 574  
or [christineecollins@live.com.au](mailto:christineecollins@live.com.au)

\$5

## Help For Healthy Lunchboxes\*

Tuesdays x 3  
13/06 12:00-1:00pm  
20/06 9:00-10:00am  
27/06 5:30-6:30pm

Healthy Living NT offices  
1 - 3 Tiwi Place, Tiwi

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

\$5

## Introduction to Pole Dancing\*

Saturdays x 2  
1:00-2:00pm  
17/06 & 09/09

3D Fitness Studio  
Unit 3, 11 Miles Road, Berrimah

3D Fitness Studio ~ Facebook Messenger  
or [dance@3dfitnessstudio.com.au](mailto:dance@3dfitnessstudio.com.au)

\$5

## Lounge To Laps (freestyle stroke correction and endurance dev.)\*

Wednesdays x 4  
6:30-7:30pm  
06/09 - 27/09

Parap Pool  
77 Ross Smith Avenue, Parap

Jac ~ Darwin Stingers 0417 884 280  
or [jstirrat@bigpond.net.au](mailto:jstirrat@bigpond.net.au)

\$5

## Mobility & Flexibility For Men\*

Tuesday x 1  
16/05 6:00-7:30pm

Nightcliff Comm. Centre - Boab  
Room, 18 Bauhinia Street

Maria ~ 0427 997 642 or [maria@movementandmindsetcoaching.com](mailto:maria@movementandmindsetcoaching.com)

\$5

## Try A Tri This Dry\*

Thursdays x 8  
5:30-6:30pm  
01/06-20/07

Darwin Velodrome,  
Old McMillan's Road, Millner

Julie ~ Team Aquarium 0413 187 778  
or [teamaquariumtri@gmail.com](mailto:teamaquariumtri@gmail.com)

\$10

## Water Cycling\*

Tuesdays x 10  
6:15-7:00pm  
02/05 - 04/07

Henbury School pool  
11 Henbury Avenue, Tiwi

Sally ~ Emerse 0491 366 693  
or [sally@emerse.com.au](mailto:sally@emerse.com.au)

\$10

Fun ways  
to exercise  
and get fit!

For full details of all these activities, please contact the instructor or check out our posts and Events on:  
Healthy Darwin Facebook page ~ <https://www.facebook.com/healthydarwin/>  
Healthy Darwin webpage ~ <https://www.darwin.nt.gov.au/community/programs/healthy-darwin>  
where you'll find info on all our **Dry Season Weekly Subsidised Activities** too!

Helping you  
make the  
most of the  
Dry Season!

