



WEEKLY SUBSIDISED ACTIVITIES

OCTOBER 2021 - MARCH 2022

Helping you
stay active
in the Wet
Season!

Seniors Resistance Program*

Mondays
10:00-10:45am

Healthy Living NT
2 Tiwi Place, Tiwi

Jodie - HLNT 8927 8488 or
hpm@healthylivingnt.org.au

\$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

\$5

Ignite Your Fitness*

Tuesdays
5:30-6:15pm

Darwin Squash Centre
6 Marrara Drive, Marrara

Dee - Ignite Yourself 0432 142 661
or dee@igniteyourself.com.au

\$5

Seniors Aqua

Wednesdays
12:00-12:45pm

NT Swim School
12 Caryota Crt, Coconut Grove

Hollie - HG Fitness 0421 500 286
or hollie@hgfitness.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

Yoga

Thursdays
9:00-10:00am

Yoga Territory - Level 1
29 Cavenagh Street, Darwin

Claire - Yoga Territory 8121 4133
or hello@yogaterritory.com.au

\$5

Boxfit

Thursdays
5:15-6:00pm

Harmony Hall
44 Patterson Street, Malak

Chico's Fitness
0408 088 091

\$5

Dynamic Balance & Barre*

Fridays
8:00-8:45am

via Zoom - contact instructor
for information

Sharon - Super Ageing 0438 890 089
or sharon@formfunctionnt.com.au

\$5

Boxercise*

Saturdays
9:00-9:45am

Nightcliff Community Centre
18 Bauhinia Street, Nightcliff

Jacinta - TFG 0437 291 955 or
territoryfitnessgroup@yahoo.com

\$5

Aqua Aerobics

Sundays
9:00-9:45am

Casuarina Pool
Angelo Street, Casuarina

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

\$5

*Bookings
required.
Contact the
instructor to
secure your
spot!

Fun
ways to
exercise
and get
fit!