



WEEKLY SUBSIDISED ACTIVITIES

01 APRIL - 30 SEPTEMBER 2022

Fun ways
to exercise
and get fit!

Empowering Women (starts 19 April) *

Tuesdays
9:15-10:00am
Garamanuk Park
25 Damabila Drive, Lyons

Tanya - OJFit4Life 0422 043 677
or tanya@ojfit.com.au \$5

Yogalaties In The Park (starts 05 April)

Tuesdays
12:00-12:45pm
near The Cenotaph, Bi Park
The Esplanade, Darwin City

Hollie - HG Fitness 0421 500 286
or hollie@hgfitness.com.au \$5

Beginners' HIIT (starts 05 April) *

Tuesdays
5:30-6:15pm
Garamanuk Park
25 Damabila Drive, Lyons

Ruby - Storm PT 0451 019 117
or stormptnt@gmail.com \$5

Outdoor Slow Yoga (starts 13 April)

Wednesdays
9:00-10:00am
Bicentennial Park (Daly St end)
The Esplanade, Darwin City

Emily Claire Yoga - 0457 585 963
or emilyclaireyoga@hotmail.com \$5

Outdoor Aqua Fun & Fitness (starts 06 April)

Wednesdays
11:15am-12:00pm
Lake Alexander
East Point Reserve, Fannie Bay

Aqua Ann - 0422 402 551
or hello@aquaann.com.au \$5

Zumba (starts 06 April)

Wednesdays
6:15-7:00pm
Harmony Hall
44 Patterson Street, Malak

Mini - Zumba Sistas 0402 260 070
or mini.edwards@bigpond.com \$5

Mums & Bubs Yoga (starts 07 April)

Thursdays
10:00-11:00am
Lyons Community Centre
25 Damabila Drive, Lyons

emilyogalady - 0416 277 650
or emilywilliams@live.com.au \$5

Boxfit (starts 07 April)

Thursdays
5:15-6:00pm
Harmony Hall
44 Patterson Street, Malak

Chico's Fitness - 0408 088 091
or www.fitnesshubdarwin.com \$5

Dynamic Balance & Barre (starts 01 April) *

Fridays
8:00-8:45am
via Zoom - contact instructor
for information

Sharon - Super Ageing 0438 890 089
or sharon@formfunctionnt.com.au \$5

Zumba for Carers (starts 01 April)

Fridays
5:15-6:15pm
MIFANT, 2/273 Bagot Road
Coconut Grove

Danielle - MIFANT 0439 292 213
or programs@mifant.org.au FREE

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

Helping you
make the
most of the
Dry Season!

