



WEEKLY SUBSIDISED ACTIVITIES

01 OCTOBER 2022 - 31 MARCH 2023

Fun ways
to exercise
and get fit!

Seniors' Aqua

Mondays
12:00-12:45pm

NT Swim School
12 Caryota Court, Coconut Grove

Hollie - NT Swim School 8948 1000
or info@ntswimschool.com.au \$5

MADE Basketball Academy

Mondays
4:30-5:30pm

Location weather-dependent -
check MADE's socials for details

Deola - MADE Concepts 0434 433 078
or info@madeconceptspty.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 \$5

Indoor Circuit

Tuesdays
6:00-6:45pm

Boab Room - Nightcliff Comm.
Centre, 18 Bauhinia Street

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

Mindful Movement with Maria

Wednesdays
9:00-9:45am

Boab Room - Nightcliff Comm.
Centre, 18 Bauhinia Street

Maria - 0427 997 642 or maria@movementandmindsetcoaching.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 \$5

Mums & Bubs Yoga

Thursdays
10:30-11:30am

Agoy Yoga
28 Bishop Street, Woolner

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

Boxfit

Thursdays
5:15-6:00pm

Harmony Hall
44 Patterson Street, Malak

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

Strength For Better Balance*

Fridays
8:00-8:45am

via Zoom - contact Sharon
for information

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

Aqua HIIT

Saturdays
8:00-8:45am

Darwin Ski Club
20 Conacher St, Fannie Bay

Nikki - Fitnutz H2O 0421 986 252
or nichole.higgins@cdu.edu.au \$5

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

Helping you
make the
most of the
Wet Season!



HEALTHY LIFESTYLE WORKSHOPS & SHORT COURSES - 2022-23 WET SEASON

Fun ways to exercise and get fit!

Come 'n' Try Clogging*

Sundays
1:30-2:30pm

Block One - 02 Oct-30 Oct
Block Two - 20 Nov-18 Dec

Malak Community Centre
13 Malak Crescent, Malak

Gold coin

Clogging is an American folk dance that has a range of influences from the British Isles, tap, line dancing, Native American and African American cultures, performed to a wide range of music. No partner required, so you can learn at your own pace.
Contact: Christine at Darwin Clogging on 0439 613 574 or christineecollins@live.com.au

Emerse Water Cycling*

Mondays
7:00-7:45am

16 January-27 March
Outdoor, heated pool

Henbury School pool
11 Henbury Avenue, Tiwi

\$10

Water Cycling combines a mix of speed intervals, hill climbs, and active recovery that will challenge your cardiorespiratory fitness and strength endurance. Each workout allows you to go at your own pace at the speed of your choice. Push past your comfort zone!
Contact: Sally at Emerse on 0491 366 693 or sally@emerse.com.au

Lounge to Laps - freestyle stroke and endurance development*

Wednesdays
6:30-7:30pm

01-22 February
Includes pool entry

Parap Pool,
77 Ross Smith Avenue, Parap

\$10

This clinic aims to help you become a more confident swimmer, and improve your freestyle technique and endurance. Sessions are adjusted to cater for swimmers learning to swim their first laps up to more confident swimmers who want a challenge. Must be 18yrs or over.
Contact: Jac at Darwin Stingers on 0417 884 280 or jstirrat@bigpond.net.au

Power Up - Confidence to exercise in open spaces*

Thursdays
8:30-9:15am

February - meet at Exercise Station 4, next to Nightcliff Pool
March - meet at Exercise Station 6, Sunset Park (near Nightcliff Jetty)

\$5

Do you want to exercise outdoors to get fitter, but not sure how? Let Healthy Living NT assist you to use the beautiful surrounds of Nightcliff Foreshore to get fitter, more confident and learn how to use the outdoor exercise equipment and green spaces to get a great workout.
Contact: Lee-Ann at Healthy Living NT on 8927 8488 or hpm@healthylivingnt.org.au

Wellness Mindset Workshops*

Monday 28 November - 6:30-8:00pm
Wednesday 08 February - 6:30-8:00pm

Casuarina Library Community
Room, 17 Bradshaw Terrace

\$10

Learn the fundamentals of the subconscious and how it is programmed, learn about your beliefs and conditioning and how they may be blocking you from achieving your health and wellness goals, gain clarity for your wellness vision, and learn tools to become aware of thought and behavioural patterns.
Contact: Maria on 0427 997 642 or maria@movementandmindsetcoaching.com

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

Helping you make the most of the Wet Season!

