



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

\$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

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

\$5

Pilates 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

\$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

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

\$5

Boxfit

Thursdays
5:15-6:00pm

Harmony Hall
44 Patterson Street, Malak

Chico's Fitness ~ 0408 088 091 or 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

\$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

\$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

\$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!

Fun ways to exercise and get fit!

Helping you make the most of the Dry Season!





HEALTHY LIFESTYLE WORKSHOPS & SHORT COURSES - 2023 DRY SEASON

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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 \$5

Help For Healthy Lunchboxes*

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

Healthy Living NT offices
1-3 Tiwi Place, Tiwi

Lee-Ann ~ HLNT 8927 8488
or 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 \$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 \$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 \$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 \$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 \$10

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Helping you make the most of the Dry Season!



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where you'll find info on all our **Dry Season Weekly Subsidised Activities** too!

