



GET MOVING

with low cost healthy activities

Coastal Cruising - Skating

Sundays
(02 July - 30 July)
10.00-11.30am

Nightcliff Foreshore/
East Point Reserve

Bookings Essential!
Cassie - Shiner Town
0415 381 449

\$4

Boxfit

Wednesdays
5.15-6.00pm

Sanderson NAC
Matthews Road, Malak

For more info contact:
0408 088 091

\$4

Chair Aerobics

Wednesdays
9.30-10.30am

COTA - Spillett House
65 Smith Street, Darwin

Sharon - Results Personal
Health & Fitness Coaching
0438 890 089

\$4

Zumba Fitness

Mondays
5.30-7.00pm

GPA Hall
Sanderson Middle School
Matthews Road, Malak

Zest for Life Zumba
0404 852 218

\$4

Hatha Yoga

Mondays
9.30-10.45am

Lyons Community Centre
25 Damabila Drive, Lyons

Ben - Australian School
of Meditation & Yoga
0439 417 109

\$4

NuLiNe Dance for the Newbie Dancer!

Tuesdays
5.30-6.30pm

Malak Community Centre
13 Malak Crescent, Malak

Natalie - NuLiNe Dance
0418 826 778

\$4

Kangatraining - Baby Wearing Exercise Class

Tuesdays
9.00-10.00am

Bicentennial Park,
near the Cenotaph
(end of Herbert Street)

Bookings Essential - email:
jodie@kangatraining.com.au

\$4

Classes have limited places available - contact the instructor to ensure your spot!

Exercise for the body and mind

