

HEALTHY DARWIN

2025 Dry Season Weekly Activities

Bootcamp

Mondays 07 April - 29 Sept
5:15pm - 6:00pm
Harmony Hall
Malak

No bookings required!
Instructor: Chico's Fitness
P - 0408 088 091
W - www.fitnesshubdarwin.com

Seniors' Aqua Fitness

Tuesdays 01 April - 30 Sept
9:00am - 9:45am
Pearl Retirement Village
Fannie Bay

★ **Bookings required!**
Instructor: One Step At A Time PT
P - 0438 321 399
E - onestepatatimept@gmail.com

Beginners' HIIT

Tuesdays 01 April - 30 Sept
5:00pm - 5:45pm
Garamanuk Park
Lyons

No bookings required!
Instructor: Storm PT
P - 0451 019 117
E - stormptnt@gmail.com

Mums & Bubs Exercise

Wednesdays 02 April - 24 Sept
10:00am - 10:45am
Vitality Health & Rehab
Coconut Grove

No bookings required!
Instructor: Vitality Health & Rehab
P - 0477 193 541
E - admin@vitalityhealthrehab.com.au

Hatha Yoga & Mantra

Wednesdays 02 April - 24 Sept
5:45pm - 6:45pm
Lyons Community Centre
Lyons

No bookings required!
Instructor: ASMY
P - 0421 710 983
E - darwin@asmy.org.au

Zumba Mash-Up

Thursdays 03 April - 25 Sept
6:15pm - 7:00pm
Harmony Hall
Malak

No bookings required!
Instructor: Top End Zumba Crew
P - 0417 820 380
W - www.fitnesshubdarwin.com

Fitness 4 Independence

Fridays 04 April - 26 Sept
9:00am - 9:45am
Boab Room
Nightcliff Community Centre

★ **Bookings required!**
Instructor: Super Ageing
P - 0438 890 089
E - sharon@formfunctionnt.com.au

Beach Walk & Beginner Beach Yoga

Saturdays 05 April - 27 Sept
7:45am - 9:00am
Cullen Bay Beach

★ **Bookings required!**
Instructor: Flametree Yoga
P - 0468 362 641
E - stuartcmcgill@gmail.com

Boxfit Bootcamp

Saturdays 12 April - 27 Sept
9:00am - 9:45am
Seabreeze Slab
Nightcliff Foreshore

No bookings required!
Instructor: Territory Fitness Group
P - 0437 291 955
E - territoryfitnessgroup@yahoo.com

Yin Yoga

Sundays 06 April - 28 Sept
10:00am - 11:00am
Rich Life Health & Fitness
Cullen Bay

No bookings required!
Instructor: The Well Beings Space
P - 0422 158 942
E - thewellbeingsspace@gmail.com

Only \$5 per session!

To find out more:

- * Contact the instructor directly
- * Follow [Healthy Darwin](#) on Facebook
- * Visit our webpage via the QR code
- * Send an email to healthydarwin@darwin.nt.gov.au
- * Call 08 8930 0300



HEALTHY DARWIN

Healthy Lifestyle Workshops & Short Courses 2025 Dry Season

Baby & Guardian Grooves

Fridays x 8 **\$5 per session**
10:30am - 11:15am No bookings required!
April 04, 11, May 02, 09, 16, 23, 30, June 06
Ago Yoga, 28 Bishop Street, Woolner

Contact: Marissa - The BGs
P - 0426 002 782
E - marissakhush@gmail.com

Come & Try Bellydancing

Four workshops **\$10 per session**
5:30pm - 6:30pm No bookings required!
Sun 08 Jun, Fri 20 June, Sun 03 Aug, Sun 17 Aug
Seabreeze Slab, Nightcliff Foreshore

Contact: Myf - Darwin Bellydance
P - 0418 850 441
W - darwinbellydance.com.au

Come & Try Zumba

Saturdays x 6 **\$7 per session**
9:00am - 9:45am No bookings required!
12 Apr, 10 May, 14 June, 19 July, 09 Aug, 13 Sept
Harmony Hall, 44 Patterson Street, Malak

Contact: Zumba Sistas Darwin
P - 0402 260 070
E - mini.edwards@bigpond.com

Foam Roller Fundamentals

Run over two sessions x 2 **\$10 per session**
6:00pm - 7:00pm ★ **Bookings required!**
Tuesdays - 13 & 20 May, 22 & 29 July
Boab Room, Nightcliff Community Centre

Contact: Maria - Movement & Mindset Coaching
P - 0427 997 642
E - maria@movementandmindsetcoaching.com

Health Workshops Series

Wednesdays x 6 **NO COST to attend**
6:00pm - 7:00pm ★ **Bookings required!**
23 Apr, 28 May, 25 June, 23 July, 27 Aug, 24 Sept
Chiropractic Life Casuarina, 46 Vanderlin Drive

Contact: Tayla - Chiropractic Life Casuarina
W - www.chiropracticlife.com.au

Sunrise Mat Pilates Short Course

Thursdays x 6 **\$10 per session**
6:00am - 6:50am No bookings required!
17 July - 21 August
Seabreeze Slab, Nightcliff Foreshore

Contact: Chloe - Flow With Chlo
P - 0432 359 094
E - chloe.armitage@outlook.com

Sunrise Yoga

Mondays x 6 **\$10/\$5 conc. per session**
6:30am - 7:15am No bookings required!
April 14, 28, May 12, 19, 26, June 02
Seabreeze Slab, Nightcliff Foreshore

Contact: Jo - Darwin Yoga With Jo
E - darwinyogawithjo@outlook.com
IG - [darwin_yoga_with_jo](https://www.instagram.com/darwin_yoga_with_jo)

Sunrise Yoga & Meditation

Tuesdays x 6 **\$10 per session**
6:30am - 7:15am No bookings required!
06 May - June 10
Seabreeze Slab, Nightcliff Foreshore

Contact: Rachael
E - rachaelballyoga@outlook.com
IG - [instagram.com/rachaeleball/](https://www.instagram.com/rachaeleball/)

To find out more about Healthy Darwin:

Follow us on [@Facebook healthydarwin](https://www.facebook.com/healthydarwin)
healthydarwin@darwin.nt.gov.au
08 8930 0300

