

HEALTHY DARWIN

Weekly Activities 2023/24 Wet Season

Aqua HIIT

07/10/2023 - 30/03/2024

Aqua HIIT (High-Intensity Interval Training) alternates short periods of intense exercise with less-intense recovery periods.

The buoyancy properties of the water allow you to work at a higher level with less impact on your body, ensuring that it is one of the safest and most effective ways to improve strength and fitness in a non-impact environment

Aqua HIIT incorporates toning and cardio exercises to music in deep water, utilizing a variety of equipment with buoyancy belts provided, so the ability to swim is not required

Saturdays

8:00 am - 8:45 am

Darwin Ski Club, Pool

20 Conacher St, Fannie Bay NT 0820

No bookings required!

Contact Fitnutz H2O

P - 0421 986 252

E - nichole.higgins@cdu.edu.au

Only \$5 per session!

To find out more about the activity, contact the instructor directly.

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To find out more...

08 8930 0300

healthydarwin@darwin.nt.gov.au

CITY OF
DARWIN