

# HEALTHY DARWIN

## Weekly Activities 2023/24 Wet Season

### Seniors Aqua Aerobics

04/10/2023 - 27/03/2024

Darwin Seniors! Looking for a way to get active while beating the build-up and wet season weather?

Come down to NT Swim School every Wednesday for Seniors Aqua Aerobics, a mid-low intensity fitness program. Comprising of resistance exercises & low cardio activities

Suitable to all levels of fitness including those with injuries and ailments as programs can be adjusted to suit

FREE group lunch offered every 6 weeks!

#### Wednesdays

12:00 pm - 12:45 pm

#### NT Swim School

12 Caryota Court Coconut Grove NT 0810

No bookings required!

Contact NT Swim School

P - 0421 500 286

E - [hollie@hgfitness.com.au](mailto:hollie@hgfitness.com.au)

**Only \$5 per session!**

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

Follow [Healthy Darwin](#) on Facebook



To find out more...

08 8930 0300

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