

HEALTHY DARWIN

Weekly Activities 2023/24 Wet Season

Empowering Women

03/10/2023 - 26/03/2024

Mums & Ladies of Darwin! Looking for a quick 45min fitness class that is baby and children friendly?

Come down to Lyons Community Centre every Tuesday morning for a fun interactive exercise session, designed to get your whole body moving, with a strong focus on functional compound movements.

Put yourself first, reconnect with your goals and values to help create the best version of yourself!
BYO Towel & Water Bottle

Tuesdays

9:15 am - 10:00 am

Lyons Community Centre

25 Damabila Dr, Lyons NT 0810

Bookings required!

Contact Tanya from OJFIT 4 LIFE

P - 0422 043 677

E - tanya@ojfit.com.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