

Get Active Palmerston

9 AUGUST - 21 NOVEMBER 2021

Low Intensity Training

Activity Name	Description	Business Name & Contact						
Pilates on Mats	These exercises strengthen your body, help flexibility, tone, work the core, help posture, all-around feel-good workout. All levels welcome. We allow ages 14+. Bring water bottle.	4eva Fitness and Training To book, please email: audleah215@gmail.com						
Kangatraining	Kangatraining is a Mums & Bubs Group Fitness Class, incorporating a mix of cardio and strength work choreographed to music. Get Fit and Have Fun doing it!	Kangatraining Palmerston Either by text at 0497468884 or the Kangatraining Palmerston Facebook page or group.						
Mummy Movers	The program includes information on leading a healthy and active lifestyle and creating healthy habits for the whole family.	Healthy Living NT 8927 8488 hpm@healthylivingnt.org.au						
Tai-Chi	Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion.	Belgravia Leisure swellpalmerston@belgravialeisure.com.au						
Swimming (self-guided)	Free access to the pool (8 lane, 50 metre lap swimming pool & toddler pool)	Palmerston Swimming and Fitness Centre Operated by Belgravia Leisure 8932 3474 <table border="1"> <thead> <tr> <th>M- F</th> <th>SAT</th> <th>SUN</th> </tr> </thead> <tbody> <tr> <td>5.30am - 7pm</td> <td>8am -5pm</td> <td>9am -5pm</td> </tr> </tbody> </table>	M- F	SAT	SUN	5.30am - 7pm	8am -5pm	9am -5pm
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Walking Group	Community Walking Group. Suitable for all ages and abilities.	-						