

TIMETABLE - NOVEMBER 2021

Get Active offers participants a range of low-cost classes with a new timetable released each month.

		Class Name	Time	Cost	Bookings Required	Booking Contact Details	Location
MON	1, 8, 15 Nov	High Intensity Interval Training - F45 Palmerston	5.30 - 6.15am	\$5 per session	Yes	Email palmerston@f45training.com.au or text 0433 961 580	F45 Studio, Shop 14, Zuccoli Plaza, Zuccoli Parade, Zuccoli
TUES	2, 9, 16 Nov	High Intensity Interval Training - F45 Palmerston	6.05 - 6.50am	\$5 per session	Yes	Email palmerston@f45training.com.au or text 0433 961 580	F45 Studio, Shop 14, Zuccoli Plaza, Zuccoli Parade, Zuccoli
	2, 9, 16 Nov	Pilates - Belgravia Leisure	10.15am	Free	No	swellpalmerston@belgravialeisure.com.au 8932 3474	Palmerston Swimming and Fitness Centre, 31 Tilston Ave, Moulden
	2, 9, 16 Nov	Strength and conditioning - Tammy's Fitness Training	6.15 - 7pm	\$5 per person	No	Email tammystrathen@hotmail.com	Mother Teresa Catholic Primary School 16 Ginger Road, Zuccoli
WED	3, 10, 17 Nov	Mini Movers (1 - 5 years)	9.30 - 10.15am	\$5 per session	Yes	Email hpm@healthylivingnt.org.au or call 8927 8488	Palmerston Library, Community Room, The Boulevard
	3, 10, 17 Nov	Kettlebell - Swell Palmerston	5.30 - 6.15pm	\$5 per session	No	swellpalmerston@belgravialeisure.com.au 8932 3474	Palmerston Swimming and Fitness Centre, 31 Tilston Ave, Moulden
THURS	4, 11, 18 Nov	Aerial Yoga - Fitness Playground	9.50 - 10.35am	\$5 per session	Yes	Call 8914 8870 or email Trung at trung@thefitnessplayground.com.au	Gateway Shopping Centre, Shop MM8, 1 Roystonea Ave, Yarrawonga.
	4, 11, 18 Nov	Kangatraining - Tritanta Fitness	10 - 11am	\$5 per session	Yes	Text 0497 468 884 or message the Kangatraining Palmerston Facebook page or group.	Palmerston Library, Community Room, CBD
	4, 11*, 18 Nov	Body GROOVE - Groove Vitality	6.30 - 7.30pm	\$5 per session *Free session	No	Email groovevitality@outlook.com	Woodroffe Primary School Assembly Area, 55 Woodroffe Ave
FRI	5, 12, 19 Nov	Fit Mums - Next Level Gym	9.00 - 9.45am	\$5 per session	No	Email admin@nextlevelgym.com.au or call 8932 9476	Next Level Gym, 1/35 Granites Drive, Rosebery
	5*, 12, 19 Nov	Crossfit - Crossfit Palmerston	6 - 6.45pm	\$5 per session *Free session	Yes	Email Michael at crossfit.palmerston@gmail.com	37 Georgina Cres, Yarrawonga
SAT	6*, 13, 20 Nov	Zumba® Fitness - Ur Fitness DJ	9.15 - 10am	\$5 per session *Free session	Yes	https://urfitnessdj.com.au/	Palmerston Recreation Centre, 11 The Boulevard, Palmerston
	6, 13, 20 Nov	Pilates on Mats - 4eva Fitness and Training	10.15 - 11am	\$5 per session	Yes	Email audleah215@gmail.com	Durack Community Art Centre, 33 Packard Drive Durack
SUN	7, 14, 21 Nov	Boxing - DJ's Peak Fitness	8 - 9am	\$5 per session	Yes	Email domjam89@hotmail.com or text 0420 531 004	Flinders Park, Durack

*Low cost and free sessions are available to registered program participants. Please complete a one-time registration via Council's website.

For more information visit palmerston.nt.gov.au