

NOVEMBER TIMETABLE 2022

All classes are FREE!

	Date	Session Times & Address	Description & How to Book
TUES	1st Nov 8th Nov 15th Nov	MUMMY MOVERS WITH HEALTHY LIVING NT 9.00 - 9.45am Palmerston Recreation Centre	Post pregnancy exercise and nutrition class. Bookings: hpm@healthylivingnt.org.au Designed for: New mothers
WEDNESDAY	2nd Nov 9th Nov 16th Nov	Boxing with Boxfit NT 6.30 - 7.15am Palmerston Recreation Centre	Join Scott Belshaw, a professional and amateur fighter, in this fun and interactive boxing class with a mixture of technical and fitness conditioning. Bookings: Not required Designed for: Adults
		Lunch Time HIIT with Storm PT 12.00 - 12.45pm Jiu Jitsu Studio, Yarrowonga	A quick 20-30-minute-high intensity interval training session. It involves short bursts of body weight performed and aerobic exercises along with brief recovery periods. Bookings: Not required Designed for: All Ages
THURS	3rd Nov 10th Nov 17th Nov	YOGA WITH KIM 6.30 - 7.15am Palmerston Recreation Centre	Kim is an experienced instructor who will teach you basic postures and their benefits and provide a firm foundation of Yoga poses. No prior flexibility is needed to start and poses in the class can be adapted to suit all abilities. Bookings: Not required Designed for: Adults
		BEGINNERS TENNIS 7.00 - 8.00pm 16 Bonson Terrace, Moulden	A perfect beginner class where participants will be taught a forehand, serve and backhand in a social environment. Come on down and build your confidence week by week. Bookings: Not required Designed for: All Ages
FRIDAY	4th Nov 11th Nov* 18th Nov*	ZUMBINI WITH GEORGIE 9.30 - 10.15am Palmerston Library - Community Room	Early childhood education program that uses music and movement to promote development for pre-school children. Bookings: Text 0402 131 062 Designed for: Babies and children aged 0-4 years
		WALKING BASKETBALL WITH PARBA 12.00 - 12.45pm Palmerston Recreation Centre	Walking Basketball is an opportunity for adults and seniors to play a 'gentle' version of basketball. No experience required. Bookings: Not required Designed for: Adults and seniors
SAT	5th Nov 12th Nov 19th Nov	DARWIN DIVINE DANCERS 8.00 - 9.00am Palmerston Recreation Centre	Express Burlesque is a beginner's burlesque class, open to all. Come along and learn some classic burlesque moves that of course can be used on the dance floor just about anywhere! Bookings: Not required Designed for: Adults
		ZUMBA WITH UR FITNESS DJ 9.15 - 10.00am Palmerston Recreation Centre	Zumba is a Latin inspired dance workout, perfect for everybody! It combines dance moves with a fun cardio workout. Bookings: Not required Designed for: Adults
SUN	6th Nov 13th Nov 20th Nov	MUMS AND BUBS PILATES WITH AGOY YOGA 10.30 - 11.15am Agoy/Orion Pilates, Yarrowonga	A gentle yoga class to help rebuild your strength. A baby-friendly class, feel free to take breaks to feed, change or settle bubba. Bookings: Not required Designed for: Adults and children

For more information visit getactive.palmerston.nt.gov.au