

MONDAY	WEDNESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 Feb 3 Mar 10 Feb 10 Mar 17 Feb 17 Mar 24 Feb 24 Mar	5 Feb 5 March 12 Feb 12 March 19 Feb 19 March 26 Feb 26 March	5 Feb 5 March 12 Feb 12 March 19 Feb 19 March 26 Feb 26 March	6 Feb 6 March 13 Feb 13 March 20 Feb 20 March 27 Feb 27 March	7 Feb 7 March 14 Feb 14 March 21 Feb 21 March 28 Feb 28 March	8 Feb 8 March 15 Feb 15 March 22 Feb 22 March 1 March 29 March	9 Feb 9 March 16 Feb 16 March 23 Feb 23 March 2 March 30 March
<b>CARDIO TENNIS</b>	<b>HEALTHY LIVING NT SENIORS</b>	<b>WATER WALKING GROUP</b>	<b>GYM 4 GROWTH</b>	<b>PILATES</b>	<b>YOGA</b>	<b>F45 PALMERSTON</b>
6pm – 7pm Palmerston Tennis Centre, 16 Bonson Tce Moulden	8:45am - 9:30am Palmerston Recreation Centre, 11 The Boulevard, Palmerston	9:30am - 10am SWELL Pool, 31 Tilston Ave, Moulden	9:00am - 10:00am Palmerston Recreation Centre, 11 The Boulevard, Palmerston	12pm - 1pm Palmerston Recreation Centre, 11 The Boulevard, Palmerston	10am - 11am SWELL Group Fitness Room, 31 Tilston Ave, Moulden	10am - 11am F45 Palmerston Shop/14 Zuccoli Parade
Cardio Tennis is the energised way to learn and play tennis for people of all ages and abilities. Sessions are run by qualified coaches who personalise activities to suit the motivations and abilities of everyone, so you feel comfortable to progress at your own pace.	Focusing on light exercises using resistance bands and light dumbbells, with the flexibility to do the exercises seated or standing.	Join The Heart Foundation aquatic walking group, it's FREE and fun. We ask that non-swimmers do not participate. This is a low impact walk, great for rehabilitation and for those who are new to exercise.	Facilitated fun activity program for infants and children from birth to four years and their parents/ carers. g4gd® provides developmentally tailored activity and movement opportunities enabling children to explore, develop and establish physical, cognitive, social and emotional skills.	Pilates is a form of low-impact exercise that focuses on strengthening muscles while improving postural alignment, flexibility, and overall body awareness.	Suitable for those who want an exercise class that delivers all the mind and body benefits of high-quality yoga. Suitable for those who are feeling stiff, or want to improve their flexibility and strength.	The “F” stands for functional training, a mix of exciting circuit style workouts geared towards helping our members conquer everyday movements and unlock their inner athlete. 45 is the total amount of time it takes.
<p>➤ <b>How to book:</b> No bookings required.</p> <p>➤ <b>What to bring:</b> Tennis racket, running shoes and water bottle</p>	<p>➤ <b>How to book:</b> Email <a href="mailto:hpm@healthylivingnt.org.au">hpm@healthylivingnt.org.au</a> or call Linda on 8927 8488</p> <p>➤ <b>What to bring:</b> Water bottle</p>	<p>➤ <b>How to book:</b> Register as a <a href="#">Heart Foundation Walk member online</a></p> <p>➤ <b>What to bring:</b> Swimmers, towel, hat and water bottle</p>	<p>➤ <b>How to book:</b> No bookings required.</p> <p>➤ <b>What to bring:</b> Water bottle</p>	<p>➤ <b>How to book:</b> <a href="https://www.pilateswithalexhurt.com/">https://www.pilateswithalexhurt.com/</a></p> <p>➤ <b>What to bring:</b> Exercise mat, comfortable clothing and grippy socks</p>	<p>➤ <b>How to book:</b> <a href="https://flametreeroom1.punchpass.com/classes">https://flametreeroom1.punchpass.com/classes</a></p> <p>➤ <b>What to bring:</b> Yoga mat, comfortable clothing, water bottle and sunscreen</p>	<p>➤ <b>How to book:</b> <a href="https://f45training.com/au/studio/palmerston/#schedule">https://f45training.com/au/studio/palmerston/#schedule</a></p> <p>➤ <b>What to bring:</b> Runners, comfortable clothing, water bottle and a towel</p>