

MONDAY

3 Feb 3 Mar
10 Feb 10 Mar
17 Feb 17 Mar
24 Feb 24 Mar

CARDIO TENNIS

6pm – 7pm

Palmerston Tennis Centre, 16 Bonson Tce Moulden

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.

➤ **How to book:**
No bookings required.

➤ **What to bring:**
Tennis racket, running shoes and water bottle

WEDNESDAY

5 Feb 5 March
12 Feb 12 March
19 Feb 19 March
26 Feb 26 March

HEALTHY LIVING NT SENIORS

8:45am - 9:30am

Palmerston Recreation Centre, 11 The Boulevard, Palmerston

Focusing on light exercises using resistance bands and light dumbbells, with the flexibility to do the exercises seated or standing.

➤ **How to book:**
Email hpm@healthylivingnt.org.au or call Linda on 8927 8488

➤ **What to bring:**
Water bottle

WEDNESDAY

5 Feb 5 March
12 Feb 12 March
19 Feb 19 March
26 Feb 26 March

WATER WALKING GROUP

9:30am - 10am

SWELL Pool, 31 Tilston Ave, Moulden

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.

➤ **How to book:**
Register as a [Heart Foundation Walk member online](#)

➤ **What to bring:**
Swimmers, towel, hat and water bottle

THURSDAY

6 Feb 6 March
13 Feb 13 March
20 Feb 20 March
27 Feb 27 March

GYM 4 GROWTH & DEVELOPMENT

9:30am - 10:15am

Palmerston Recreation Centre, 11 The Boulevard, Palmerston

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.

➤ **How to book:**
No bookings required.

➤ **What to bring:**
Water bottle

FRIDAY

7 Feb 7 March
14 Feb 14 March
21 Feb 21 March
28 Feb 28 March

PILATES

12pm - 1pm

Palmerston Recreation Centre, 11 The Boulevard, Palmerston

Pilates is a form of low-impact exercise that focuses on strengthening muscles while improving postural alignment, flexibility, and overall body awareness.

➤ **How to book:**
<https://www.pilateswithalexhurt.com/>

➤ **What to bring:**
Exercise mat, comfortable clothing and grippy socks

SATURDAY

8 Feb 8 March
15 Feb 15 March
22 Feb 22 March
1 March 29 March

YOGA

10am - 11am

SWELL Group Fitness Room, 31 Tilston Ave, Moulden

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.

➤ **How to book:**
<https://flametreerom1.punchpass.com/classes>

➤ **What to bring:**
Yoga mat, comfortable clothing, water bottle and sunscreen

TUESDAY – NO CLASSES

SUNDAY – NO CLASSES