

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	6, 13, 20, 27 Sep	Walking Group	6.00am	Free	No	Meet in the carpark at CaJo's Restaurant, Durack	
	6, 13, 20, 27 Sep	Zumba® - with Adrijana	6.30pm - 7.15pm	\$5 per session	Yes	Please text Adrijana on 0405 211 187	Good Shepherd Lutheran College, Palmerston Campus, Emery Avenue, Gray
TUES	7, 14, 21, 28 Sep	Pilates - Belgravia Leisure	10.15am	\$5 per session	No	8932 3474 swellpalmerston@belgravialeisure.com.au	Palmerston Swimming and Fitness Centre
	7, 14*, 21, 28 Sep	Pilates on Mats - 4eva Fitness	5.15pm - 6.00pm	\$5 per session *Free session	Yes	audleah215@gmail.com	Durack Community Art Centre, 33 Packard Drive Durack
	7, 14, 21, 28 Sep	Strength and Conditioning - Tammy's Fitness Training	6.15pm - 7.00pm	\$5 per session	No	0409 445 425	16 Ginger Road Zuccoli (Mother Teresa Catholic Primary School)
WED	1, 8, 15, 22, 29 Sep	Walking Group	6.00am	Free	No	Meet in the carpark at Sanctuary Lake, Gunn	
	1*, 8, 15, 22, 29 Sep	Mummy Movers - Healthy Living NT	9.30am - 10.30am	\$5 per session *Free session	Yes	8927 8488 hpm@healthylivingnt.org.au	Palmerston Library, Community Room, The Boulevard.
THURS	2, 9, 16, 23*, 30 Sep	Kangatraining - Tritanta Fitness	10.00am - 11.00am	\$5 per session *Free session	Yes	0497 468 884 or message the Kangatraining Palmerston Facebook page	Palmerston Library, Community Room
	9, 16, 23, 30 Sep	Body GROOVE - Groove Vitality	6.30pm - 7.30pm	\$5 per session	No	groovevitality@outlook.com	Woodroffe Primary School Assembly Area, 55 Woodroffe Ave
FRI	3, 10, 17, 24 Sep	Baby Ballet - Baby Ballet Darwin	9.45am - 10.30am	\$5 per session	Yes	bethan.mcelwee@gmail.com	Palmerston Recreation Centre, 11 The Boulevard Palmerston
	3*, 10, 17, 24 Sep	Crossfit - Crossfit Palmerston	6.00pm - 6.45pm	\$5 per session *Free session	Yes	Michael at crossfit.palmerston@gmail.com	37 Georgina Cres Yarrowonga
SAT	4, 11, 18, 25* Sep	Zumba® Fitness - Ur Fitness DJ	9.15am - 10.00am	\$5 per session *Free session	Yes	https://urfitnessdj.com.au/	Palmerston Recreation Centre, 11 The Boulevard Palmerston
	4, 11*, 18, 25 Sep	Boxing Tabata - Territory Fitness Group	11.45am - 12.30pm	\$5 per session *Free session	Yes	Jacinta 0437 291 955 territoryfitnessgroup@yahoo.com	Palmerston Recreation Centre, 11 The Boulevard Palmerston
SUN	5, 12, 19, 26 Sep	Walking Group	7.30am	Free	No	Meet in carpark at CaJo's Restaurant, Durack	
	5, 12, 19, 26* Sep	Boxing - DJ's Peak Fitness	8.00am - 9.00am	\$5 per session *Free session	Yes	0420 531 004 domjam89@hotmail.com	Flinders Park, Durack
DAILY	Swimming - Belgravia Leisure	Various times	Free	No	8932 3474 swellpalmerston@belgravialeisure.com.au	Palmerston Swimming and Fitness Centre, 31 Tilston Ave, Moulden	

*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