

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	4, 11, 18, 25 Oct	Cardio Blast - Tammy's Fitness & Training	5.30am - 6.15am	Free	No	Email tammystrathen@hotmail.com	Mother Teresa Catholic Primary School, 16 Ginger Road, Zuccoli
	4*, 11, 18, 25 Oct	High Intensity Interval Training - F45 Palmerston	5.30pm - 6.15pm	\$5 per session *Free session	Yes	Email palmerston@f45training.com.au or text 0433 961 580	F45 Studio, Shop 14, Zuccoli Plaza, Zuccoli Parade, Zuccoli
TUES	5, 12, 19, 26 Oct	High Intensity Interval Training - F45 Palmerston	6.05am - 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
	5, 12, 19, 26 Oct	Pilates - Belgravia Leisure	10.15am	Free	No	swellpalmerston@belgravialeisure.com.au 8932 3474	Palmerston Swimming and Fitness Centre, 31 Tilston Ave, Moulden
WED	6, 13, 20, 27* Oct	Mini Movers (1 - 5 years)	9.30-10.15am	\$5 per session *Free session	Yes	Email hpm@healthylivingnt.org.au or call 8927 8488	Palmerston Library, Community Room, The Boulevard
	6, 13, 20*, 27 Oct	Boxing Tabata - Territory Fitness Group	11.45am - 12.30pm	\$5 per session *Free session	Yes	Text Jacinta 0437 291 955 or email territoryfitnessgroup@yahoo.com	Palmerston Recreation Centre, 11 The Boulevard
	6, 13, 20, 27 Oct	Kettlebell - Belgravia Leisure	5.30pm - 6.15pm	\$5 per session	No	swellpalmerston@belgravialeisure.com.au 8932 3474	Palmerston Swimming and Fitness Centre, 31 Tilston Ave, Moulden
THURS	7*, 14, 21, 28 Oct	Aerial Yoga - Fitness Playground	9.50am - 10.35am	\$5 per session *Free session	Yes	Call 8914 8870 or email Trung at trung@thefitnessplayground.com.au	Gateway Shopping Centre, Shop MM8, 1 Roystonea Ave, Yarrawonga.
	7*, 14, 21, 28 Oct	Kangatraining - Tritanta Fitness	10 -11am	\$5 per session *Free session	Yes	Text 0497 468 884 or message the Kangatraining Palmerston Facebook page or group.	Palmerston Library, Community Room, CBD
	14*, 21, 28 Oct	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	1, 8, 15*, 22, 29 Oct	Fit Mums - Next Level Gym	9.00am-9.45am	\$5 per session *Free session	No	Email admin@nextlevelgym.com.au or call 8932 9476	Next Level Gym, 1/35 Granites Drive, Rosebery
	1, 8*, 15, 22, 29 Oct	Crossfit - Crossfit Palmerston	6.00pm - 6.45pm	\$5 per session *Free session	Yes	Email Michael at crossfit.palmerston@gmail.com	37 Georgina Cres, Yarrawonga
SAT	9, 16, 23, 30 Oct	Zumba® Fitness - Ur Fitness DJ	9.15 -10am	\$5 per session	Yes	https://urfitnessdj.com.au/	Palmerston Recreation Centre, 11 The Boulevard Palmerston
	9, 16*, 23, 30 Oct	Pilates on Mats - 4eva Fitness and Training	10.15am - 11am	\$5 per session *Free session	Yes	Email audleah215@gmail.com	Durack Community Art Centre, 33 Packard Drive Durack
SUN	3, 10, 17, 24, 31* Oct	Boxing - DJ's Peak Fitness	8am - 9am	\$5 per session *Free 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