

Get Active Palmerston

9 AUGUST - 21 NOVEMBER 2021

Low Intensity Training

Activity Name	Description	Business Name & Contact
Pilates on Mats	These exercises strengthen your body, help flexibility, tone, work the core, help posture, all around feel-good workout. All levels welcome. We allow ages 14+. Bring water bottle.	4eva Fitness and Training To book, please email: audleah215@gmail.com
Kangatraining	Kangatraining is a Mums & Bus Group Fitness Class, incorporating a mix of cardio and strength work choreographed to music. Get Fit and Have Fun doing it!	Kangatraining Palmerston Either by text at 0497468884 or the Kangatraining Palmerston Facebook page or group.
Pilates	Pilates emphasises proper postural alignment, core strength and muscle balance.	Swell Palmerston 8932 3474 swellpalmerston@belgravialeisure.com.au
Aerial Yoga	Aerial Yoga is a type of yoga which uses silk hammocks suspended from the ceiling. It combines yoga, pilates, dance and acrobatics. Hang upside down and go deeper into your body's elasticity.	Fitness Playground NT Call the office 89148870 or email Trung at trung@thefitnessplayground.com.au @fitnessplaygroundnt on Facebook

Community Walking Groups

Day	Start Time	Meeting Location
Monday	6am	Meet in the carpark at Cajo's Restaurant, Durack
Wednesday	6am	Meet in the carpark at Sanctuary Lakes, Gunn
Friday	6am	Meet in the carpark at Cajo's Restaurant, Durack
Sunday	7.30am	Meet in the carpark at Cajo's Restaurant, Durack