

WHAT TO TAKE TO YOUR ACTIVATE SESSIONS:

- print out of Activate ticket number
- a water bottle and towel
- appropriate medication eg. asthma inhalers
- wear suitable shoes/comfortable clothes/fitness attire

IF YOUR SESSIONS ARE OUTDOORS:

- a hat
- sunscreen
- plenty of water

Timetables will be available at www.palmerston.nt.gov.au on:

Block 2 25 May 2020

Block 3 21 September 2020

Registration is required to receive a membership number that participants must show the instructor of each class/session they attend.

You must be 16 or over to join. Open to Palmerston and rural residents.

Registration is required for each block.

Registration opens online for block 1 at www.palmerston.nt.gov.au on 20 January 2020

Phone: 8935 9943



ACTIVATE



CITY OF PALMERSTON

activate 
Find your Fit

BLOCK 1

Health and fitness program providing residents with a taste of the physical activity options available in Palmerston.

1 **BLOCK ONE**
Monday 3 February – Sunday 29 March
Excluding public holidays



city of
PALMERSTON

1 BLOCK ONE

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Excluding public holidays

DAY	CLASS	TIME	LOCATION	PROVIDER	BOOKINGS	CONTACT	DESCRIPTION	CHILD FRIENDLY
Monday	Walking Group	6-6:45am	Behind Salt and Pepper restaurant, Durack (car park meeting point)	Activate Ambassadors	No		Casual walking group, suitable for all levels of fitness.	
Monday	Body Pump	5:45-6:30pm	Palmerston Swimming and Fitness Centre, Moulden	YMCA	Yes	8932 3474 Reception.psf@ymca.org.au	A class that uses barbells to define, tone and condition your muscles.	No
Monday	Zumba Fitness	6:30-7:15pm	Good Shepherd Lutheran School, Gray	Zumba with Adrijana	No	0405 211 187 adrijananayler@bigpond.com	Latin inspired dance fitness class that is addictive!	Yes
Tuesday	The Mindful Kitchen	5:15-6:45pm	The Heights Durack Community Centre (33 Packard Ave)	Zelos Health	Yes	0490 052 411 ak@zeloshealth.com.au	Easy nutritious meal-prep demonstrations, health and wellbeing education, body movement and mindful meditation.	Yes
Tuesday	Body GROOVE	6:30-7:30pm	Woodroffe Primary School (undercover area)	GROOVE Vitality	Yes	0402 949 951 Info@groovevitality.com.au	GROOVE, dance your way, you can't get it wrong.	Yes
Wednesday	Cardio Smash	5:30-6:15am	Sacred Heart Primary School, Woodroffe	Tammy's Fitness Training	No	0409 445 425 tammystrathen@hotmail.com	Cardio session to drive your heart rate into the fat burning zone.	Yes (4 and up)
Wednesday	Walking Group	6-6:45am	Sanctuary Lakes Park, Gunn	Activate Ambassadors	No		Casual walking group, suitable for all levels of fitness.	
Wednesday	Pilates	5:30-6:15pm	Palmerston Recreation Centre	Forever Fitness and Training	No	0423 278 863 Audleah215@optusnet.com.au	Develop a strong core using controlled, low impact movements that help build strength, flexibility and coordination.	No
Thursday	Healthy Living	10:30-11:30am	Palmerston Recreation Centre	Health for Life	No	0417 865 854 Health4lifewm@bigpond.com	Learn the benefits of healthy living in order to maintain a healthy weight.	Yes
Friday	Walking Group	6-6:45am	Behind Salt and Pepper restaurant, Durack (car park meeting point)	Activate Ambassadors	No		Casual walking group, suitable for all levels of fitness.	
Friday	CrossFit	9-9:45am	37 Georgina Crescent, Yarrowonga	CrossFit Palmerston	Yes	0433 427 400 crossfit.palmerston@gmail.com	Strength and conditioning class scaled to suit individuals of varied levels and experience.	Yes
Saturday	Bootcamp	8-8:45am	MacKillop Catholic College, Johnston	BootcampNT	No	0419 819 538 bootcampnt@gmail.com	Build strength, support your posture and increase cardiovascular endurance.	No
Saturday	F45	8:30-9:30am	Zuccoli Plaza	F45 Palmerston (sponsored by Urbex)	Yes	palmerston@f45training.com.au	Functional small group training where no session is the same – Activate member only class!	No
Sunday	Walking Group	7:30-8:15am	Palmerston Golf Club (car park meeting point)	Activate Ambassadors	No		Casual walking group, suitable for all levels of fitness.	
Sunday	Boxing	8-9am	Flinders Park, Durack	DJ's Peak Fitness	Yes	0420 531 004 Domjam89@hotmail.com	Fitness workout that includes boxing style stations and techniques.	Yes