



# FREDI FITNESS

Proudly supported by JACANA Energy the FREDI fitness program provides two weekly fitness sessions with various recreation and gym sessions. Consistent and regular exercise assists members to build their fitness, strength and balance.

FREDI Fitness will now be conducted in nine week blocks and will no longer be delivered under exercise physiology. The program will now be delivered in a 1:2 ratio environment, making fitness programs cheaper with more support.

## POUND (44F)

Be a rock star drummer and pound your way to fitness with a fun drumstick workout for the stars. Nine week program with Sarah from To the Beat fitness.

• Jan 31st - March 28th

NDIS

\$1434

27 hours

Member

\$225

9 sessions

## CIRCUIT (45F)

Circuit training offers a variety of fun mini activities in the one session. Get active and stay healthy in this all inclusive circuit workout.

• February 2nd - March 30th

NDIS

\$1434

27 hours

Member

\$180

9 sessions

## WALKING 1 (46F)

Walk with your friends and enjoy various walks around the Darwin and Palmerston regions. Walking provides a great starting point working towards a healthier you.

- **May 2nd - June 27th**

NDIS

**\$1434**

27 hours

Member

**\$90**

9 sessions

## PEDAL POWER (47F)

Be a part of Total Recreations tailored spin class, Pedal Power. Bike riding indoors, air-conditioned with music! An environment to enjoy, increased fitness and have fun with Total Recreation.

- **April 27th - June 22nd**

NDIS

**\$1434**

27 hours

Member

**\$225**

9 sessions

## DANCE FIT (48F)

Dance to the beats and join Sarah (Total Recs favorite instructor) move, jump and dance to become the more healthier you. Program may include other dance programs like line dancing with the Mustangs.

- **July 18th - September 12th**

NDIS

**\$1434**

27 hours

Member

**\$180**

9 sessions

## WALKING 2 (49F)

Walk with your friends and enjoy various walks around the Darwin and the Palmerston region. Walking provides a great starting point working towards a healthier you.

- July 20th - September 14th

NDIS

\$1434

27 hours

Member

\$90

9 sessions

## KAYAKING (50F)

Join Fun Supply and learn kayaking skills at East Points Lake Alexander, be active, have fun and enjoy floating and paddling your way to fitness.

- Oct 10th - December 5th

NDIS

\$1434

27 hours

Member

\$360

9 sessions

## YOGA PILATIES (51F)

Try seated yoga, a combination of stretching and core strength. Ease into it or work hard to feel your core get stronger.

- Oct 12th - December 7th

NDIS

\$1434

27 hours

Member

\$180

9 sessions