

Proudly supported by JACANA Energy the FREDI fitness program provides two weekly fitness sessions with various active recreation and gym sessions. The FREDI fitness programs aim to provide regular active fitness opportunities in an enjoyable and fun environment.

COMBAT FITNESS

In a safe controlled environment punch and kick into fitness. Under the expert guidance of a martial arts instructor these sessions will provide active exercise routines.

- Jul 5th, 12th, 19th, 26th
- Aug 2nd, 9th

NDIS

\$1119

15 hours

Member

\$120

6 sessions

WALKING-2

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

- Jul 7th, 14th, 21st, 28th,
- Aug 4th, 11th

NDIS

\$1119

15 hours

Member

\$90

6 sessions

DANCE ZUMBA

Dance to the beats and join Sarah (Total Recs favorite instructor) move, jump and dance to become the more healthier you.

- Aug 30th,
- Sep 6th, 13th, 20th, 27th,
- Oct 4th

NDIS

\$1119

15 hours

Member

\$150

6 sessions

BOXERCISE

Put on some boxing gloves and learn some boxing moves that will pack a punch. A great way to get fit, de-stress and hit the pads (all boxing programs exercise programs are conducted in a safe and fun environment).



- Sep 1st, 8th, 15th, 22nd, 29th
- Oct 6th

NDIS
\$1119
15 hours

Member
\$120
6 sessions

SEATED YOGA

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



- Oct 25th,
- Nov 1st, 8th, 15th, 22nd, 29th

NDIS
\$1119
15 hours

Member
\$120
6 sessions

CIRCUIT-2

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



- Oct 27th,
- Nov 3rd, 10th, 17th, 24th,
- Dec 1st

NDIS
\$1119
15 hours

Member
\$120
6 sessions