

## 'Be Strong, Stay Young'

45 minute exercise classes, perfect for beginners and active older adults. Classes include stretching, low impact cardio and muscle work.



- Fully air-conditioned
- Weights and Cardio Equipment
- Group Fitness Classes
- Creche
- Personal Training
- 8 or 12 Week Programs
- Open 24/7
- Circuit Classes and Senior Classes

### Seniors membership

3 months: \$250	Casual visit: \$8
6 months: \$452	10 visits: \$70
12 months: \$614	20 visits: \$140



### Locations

52 Marina Boulevard, Cullen Bay  
100 Mitchell Street, Darwin CBD  
71D Progress Drive, Nightcliff  
55 Alawa Crescent, Alawa