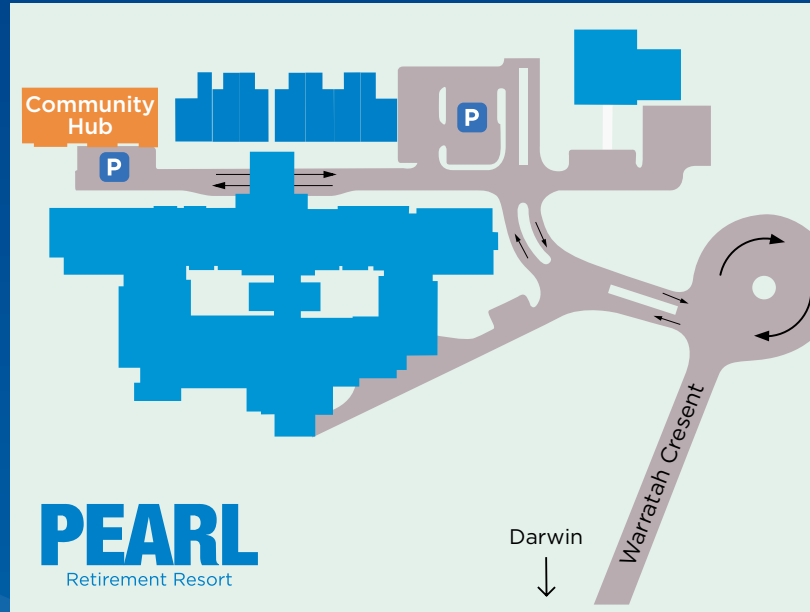


## Locations

**Darwin Community Hub  
Health and Wellness  
Pearl Retirement Resort**

Unit 3 / 11 Waratah Crescent,  
Fannie Bay 0820

Monday to Friday  
Class times from 8am to 3pm



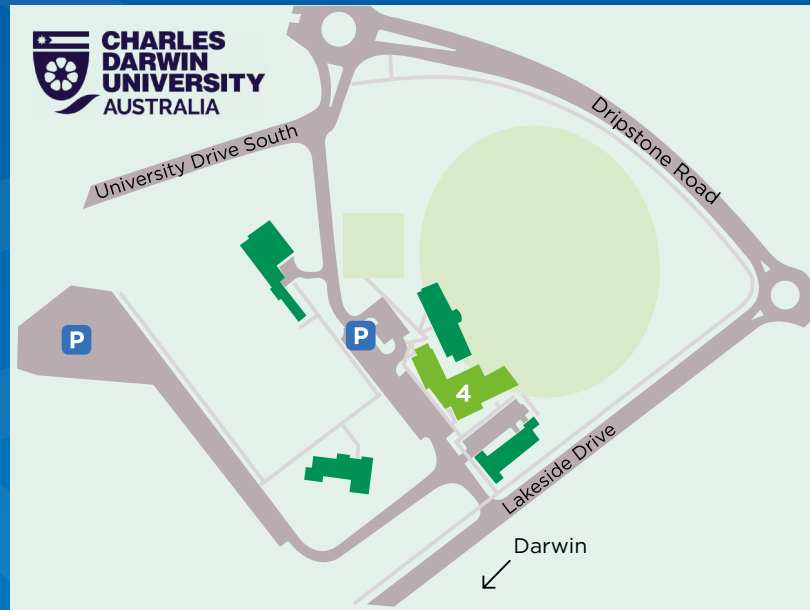
**Timetable**  
Darwin



**Charles Darwin University  
Fitness Hub, Green District  
Building 4.**

Ellengowan Drive, Casuarina 0810  
(Enter from Lasharie Road)

Tuesday and Thursday  
9am and 10am



**Health & Wellness**



























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Health & Wellness Timetable - Darwin February 2024

**Better  
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	Monday	Tuesday	Wednesday	Thursday	Friday
8.00					
9.00		 		 	
10.00		 		 	
11.00					
12.00					
1.00					
2.00					
3.00					

 Class at Darwin Community Hub Health and Wellness, Pearl Retirement Resort

 Class at Charles Darwin University Fitness Hub

The Stronger Today program combines current evidence with best practice to build muscle strength, improve balance and manage any health problems you have.

While delivered in a group setting to promote socialisation and offer peer support, programs are still individualised to your assessed needs and personal goals.

 Stronger Today classes are 60 minutes in length.

Ask our staff about private health insurance rebates and how to lower your out of pocket expenses.

To book a class, call 8946 1803.