

HEALTH & WELLNESS

@ALICE SPRINGS TOWN COUNCIL

Alice Springs Town Council is committed to supporting the health and wellness of Alice Springs residents through the following programs and exercise options.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

7am

Heart
Foundation
Walk

9:30am

All in Aqua

10am

Baby Set Go!

Keep You
Moving

Warm Water
Exercise

Keep You
Moving

All in Aqua

11am

Keep You
Moving

Keep You
Moving

Keep You
Moving

Keep You
Moving

All Abilities

12pm

Keep You
Moving

Keep You
Moving

5:30pm

All in Aqua

Active Aqua

Deep Water
Aqua



Baby...Set...Go!

What: Specifically designed for new parents, these sessions provide physical and mental benefits as well as social support. Bring your baby!

Where: Health & Wellness Centre, ASALC, 10 Speed St

Cost: Free

Keep You Moving

What: Suitable for people with chronic health conditions, this class focuses on strength, balance, cardiovascular and flexibility. A referral from a GP or allied health professional is recommended. Contact Get Physical prior to your first class. People with a disability & their carers are welcome.

Where: Health & Wellness Centre, ASALC, 10 Speed St

Cost: Free

All Abilities

What: Designed for people with a disability and their carers. Participate in a fun and inclusive exercise class!

Where: Health & Wellness Centre, ASALC, 10 Speed St

Cost: Free

Active Aqua

What: Get your heart pumping and build fitness with this class. Suitable for people of all ages with moderate to high fitness levels.

Where: ASALC, 10 Speed St

Cost: ASALC Members Free, Casual Adult \$14.30, Casual Concession \$9.90

Warm Water Exercise

What: This class is targeted to those with arthritis and other musculoskeletal conditions.

Where: ASALC, 10 Speed St

Cost: ASALC Members Free, Casual Adult \$14.30, Casual Concession \$9.90

All in Aqua

What: A fun filled class targeting all over body fitness incorporating resistance and functional fitness training. Suitable for people of all ages with moderate to high fitness levels.

Where: ASALC, 10 Speed St

Cost: ASALC Members Free, Casual Adult \$14.30, Casual Concession \$9.90

Heart Foundation Walk

What: This 45-60 minute, medium-paced walk is suitable for people (and dogs on leashes) of all ages and abilities.

Where: Leaves from the Andy McNeil Room, Alice Springs Town Council Civic Centre, 93 Todd Street with the exception of the last Saturday of the month.

Cost: Free

Deep Water Aqua

What: Using a buoyancy belt, our deep water aqua-aerobics program provides a constant level of water resistance – ideal to tone and sculpt the body. As a no-impact work-out, you improve your fitness and strengthen your core and posture. Suitable for people all ages with moderate to high fitness

Where: ASALC, 10 Speed St

Cost: ASALC Members Free, Casual Adult

Have you tried the Outdoor Gym @ ASALC?

You can do your own fitness routine in the shaded Outdoor Gym at ASALC. With a shoulder press, cross trainer, arm bike, stationary bike, parallel bars, the options are endless! Keep an eye out for the workout of the week. Open during ASALC opening hours. Cost of regular ASALC Entry fee.

Youth fitness | Check out our Youth Programs page to keep up to date with youth-oriented fitness programs - we have regular skate sessions at the skate park, boxing fitness classes and school holiday sports and recreation activities. See what's on this week!

Pram Parties | Come along to some beginner-friendly, pram-friendly dance classes. Friendly fitness in a beautiful outdoor setting where little ones are not only welcome but dancefloor superstars! Bring a water bottle, bring your hat, sunscreen and sun smart gear, and we'll get moving and grooving with the pram! Last Wednesday of every month - check our Health & Wellness page for details!

