

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 \$14.30, Casual Concession \$9.90

