

Alice Springs Town Council Health and Wellness Programs

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	Seniors Fun Session
11am	Keep you Moving	Keep you Moving	Keep you Moving	Keep you Moving	Keep you Moving	
1130am						
12pm	All Abilities				All Abilities	
5:30pm	All in Aqua	Active 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.

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

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

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

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

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

Seniors Fun Session

What: There are so many ways to exercise! This session regularly changes to offer variety for all to enjoy.

Where: Visit our website for current details.

Outdoor Gym @ ASALC

What: DIY fitness routine in the shaded Outdoor Gym with a shoulder press, cross trainer, arm bike, stationary bike, parallel bars and more.

Where: ASALC, 10 Speed St
When: Open during ASALC Opening Hours
Cost: ASALC Entry

