



FITNESS PROGRAMS FOR ALL ABILITIES

FREDI = FUN, RECREATION, EXERCISE, DIET, INCLUSION

JULY 2019- JUNE 2020

Proudly supported by Jacana Energy, Darwin's favourite inclusive fitness program is back! Three program blocks of FREDI fitness fun now includes 'Fit for FREDI' (bioelectrical impedance analysis and diet program), the introduction of youth FREDI and to be held at east point reserve the all new 'JACANA Adventure Challenge'.

BLOCK 1 - (July - November 2019)

Fit for FREDI (February)

BLOCK 2 - (February - April)

BLOCK 3 - (April - June)

Adventure Challenge (June)





F20 - BLOCK 1

PROGRAM 1: LINE DANCING

DATE: Monday 19th 26th Aug, 2nd, 9th, 16th and 23rd Sept

TIME: 5:00 – 6:00pm (6 x Sessions)

LOCATION: Coconut Grove Seniors Community Hall

PROGRAM 2: KAYAKING (K1)

DATE: Thursday 22nd, 29th Aug, 5th and 12th Sept

TIME: 5:00 – 6:30pm (4 x Sessions)

LOCATION: Lake Alexander - 152 Alec Fong Lim Dr, East Point

PROGRAM 3: KAYAKING (K2)

DATE: Thursday 26th September, 3rd, 10th & 17th Oct

TIME: 5:00 – 6:30pm (4 x Sessions)

LOCATION: Lake Alexander - 152 Alec Fong Lim Dr, East Point

PROGRAM 4: ZUMBA (Dance and stretch class combo)

DATE: Tuesday 5th, 12th, 19th and 26th Nov, 3rd and 10th Dec

TIME: 5:30 - 6:30pm (6 x sessions)

LOCATION: Darwin Squash Centre - 6 Marrara Drive, Marrara

PROGRAM 5: FUNCTIONAL FITNESS – (Bodyweight)

DATE: Thursday 7th, 14th, 21st & 28th Nov, 5th & 12th Dec

TIME: 4:15 – 5:15pm, 2nd Session 5:30 - 6:30pm

LOCATION: The Edge Gym – Casuarina



F20 - BLOCK 2

"FIT FOR FREDI"

(Bioelectrical impedance analysis & Diet plan)

New 2020 program providing participants with personal fitness analysis and diet plans. Professional before and after analysis and diet plans with optional meal provider recommendations.

DATE: February - June 2020

PROGRAM 1: SPRINT (Indoor Cycling workout)

DATE: Tuesday 18th and 25th Feb, 3rd, 10th, 17th, 24th Mar

TIME: Youth 3:30 – 4:30pm (6 x sessions)

Adult 5:00 - 6:00pm (6 x sessions)

LOCATION: The Edge Gym – Casuarina

PROGRAM 2: STEPS IN THE WET (Darwin bushwalks)

DATE: Thursday 20th & 27th Feb, 5th, 12th, 19th and 26th Mar,
2nd, 9th & 16th April 2020

TIME: 5:30 – 6:30pm (9 x Sessions)

LOCATION: Various locations (TBC)

PROGRAM 3: WATER MOVES (Aqua Zumba)

DATE: Tuesday 31st Mar, 7th, 14th, 21st, 28th Apr, 5th May.

TIME: 5:30 – 6:30pm (6 x sessions)

LOCATION: Parap Pool - 77 Ross Smith Ave, Parap

F20 - BLOCK 3



PROGRAM 1: HIIT BOXING (High intensity boxing)

DATE: Tuesday (TBC)

TIME: 5:30 - 6:30pm (6 x Sessions)

LOCATION: The Edge Gym – Casuarina

PROGRAM 2: WALKS IN THE DRY (Walking in Palmerston)

DATE: Thursday 23rd, 30th Apr, 7th, 14th, 21st, 28th May,
4th & 11th June.

TIME: 5:30 – 6:30pm (6 x sessions)

LOCATION: Various Locations TBC

PROGRAM 3: RE-CYCLED-ED (Outdoor cycling program)

DATE: Tuesday (TBC)

TIME: 4:00-5:30pm (6 x Sessions)

LOCATION: Parap Road Safety Centre & East Point

PROGRAM 4: SAIL AWAY (Adult sailing course)

DATE: Tuesdays (TBC)

TIME: 4:30-6:30pm (4 x sessions)

LOCATION: Darwin Sailing Club

"JACANA ADVENTURE CHALLENGE"

Teams will take on adventure race challenges on and around Lake Alexander at Darwins East point reserve. Kayak, walk, find and problem solve your way through the challenge.

DATE: End of June (End of FREDI BBQ)