

Total Recreations all inclusive FREDI fitness program provides two weekly fitness sessions with various active recreation and gym sessions. The FREDI programs aims to provide inclusive active fitness sessions in an enjoyable and fun environment.

30. FREDI - Pedal Power (Tuesdays)

Pedal your way to fitness in airconditioned comfort indoors, music and your peers will help you build strength and stamina in the FREDI spin class.

Feb 2nd, 9th, 16th, 23rd
March 4th, 11th

NDIS
\$968
6 sessions

Member
\$150
6 sessions

31. FREDI - Pound (Thursdays)

Be a rock star drummer and pound your way to fitness with a fun drumstick workout for the stars. Six week program with Sarah from To the Beat fitness.

Feb 4th, 11th, 18th, 25th
March 4th, 11th

NDIS
\$908
6 sessions

Member
\$120
6 sessions

32. FREDI - Aqua Zumba (Tuesdays)

Cool down with some Aqua fun. Join Total Recreation in the pool for some submerged strengthening and dance to the healthier you.

April 6th, 13th, 20th, 27th
May 4th, 11th

NDIS
\$938
6 sessions

Member
\$150
6 sessions

33. FREDI - Circuit (Thursdays)

Circuit training offers a variety of fun mini activities in the one session. Get active and stay healthy in this all inclusive circuit workout.

April 8th, 15th, 22nd, 29th
May 6th, 13th

NDIS
\$908
6 sessions

Member
\$120
6 sessions

34. FREDI - Combat Fitness (Tuesdays)

In a safe controlled environment punch and kick into fitness. Under the expert guidance of a martial arts instructor these sessions will provide active exercise routines.

June 1st, 8th, 15th, 22nd,

NDIS
\$606
4 sessions

Member
\$80
4 sessions

35. FREDI - Walking (Thursdays)

As the weather cools down the FREDI fitness program returns to Thursday walking sessions. Talking in a various walks around Darwin and Palmerston join your friends a take a stroll toward a healthier you.

June 3rd, 10th, 17th, 24th

NDIS
\$566
4 sessions

Member
\$40
4 sessions