

HEALTHY DARWIN

Weekly Activity 2024-25 Wet Season

Zumba

Zumba is an interval-style dance fitness activity that combines low-intensity and high-intensity Latin-inspired moves infused with some Bollywood and Hip Hop moves.

This activity does not discriminate and is inclusive of all ages, physical capabilities, ethnic/cultural backgrounds etc.

It caters for all fitness levels.

Wednesdays 02 October - 26 March

6:15pm - 7:00pm

Harmony Hall

44 Patterson Street, Malak

No bookings required!

Instructor: Zumba Sistas Darwin

P - 0402 260 070

E - mini.edwards@bigpond.com



ZUMBASISTASDARWIN

To find out more about this activity,
contact the instructor directly.

Only \$5 per session!



To find out more about Healthy Darwin:

Follow us on [Facebook](#)

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