

# HEALTHY DARWIN

Healthy Lifestyle  
Workshops & Short Courses  
2025 Dry Season

## Come & Try 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.

Also included will be a couple of of toning tracks using light hand weights to give you a taste of Zumba Mash-up.

We cater for all fitness levels and are inclusive of all ages, physical capabilities, ethnic/cultural backgrounds etc.

### Saturdays x 6

12 April, 10 May, 14 June, 05 July, 09 August, 13 September

9:00am - 9:45am

Harmony Hall

44 Patterson Street, Malak

No bookings required!

Instructor: Zumba Sistas Darwin

P - 0402 260 070

E - [mini.edwards@bigpond.com](mailto:mini.edwards@bigpond.com)

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

**Only \$7 per session!**



To find out more about Healthy Darwin:

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