## **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.

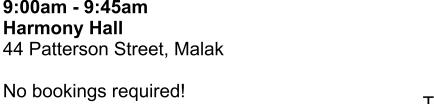
Also included will be a couple of of toning tracks using light hand weights to give you a taste of Zumba Mash-up.

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

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

Only \$7 per session!



Instructor: Zumba Sistas Darwin **P** - 0402 260 070

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