

HEALTHY DARWIN

Weekly Activity 2025 Dry Season

Zumba Mash-Up

Zumba dance incorporating traditional Zumba and Zumba Toning with light hand weights.

Suitable for all health types and ages - a “go at your own pace” class.

Thursdays 03 April - 25 September

6:15pm - 7:00pm

Harmony Hall

44 Patterson Street, Malak

No bookings required!

Instructor: Top End Zumba Crew

P - 0417 820 380

E - neil.mcdade@pfes.nt.gov.au



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

Only \$5 per session!



To find out more about Healthy Darwin:

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