

HEALTHY DARWIN

2025-26 Wet Season Weekly Activity

Zumba Mashup

A fun and inclusive combination of traditional Zumba dance and toning using light hand weights (provided). Incorporates moves from salsa, rock and roll, Bollywood, reggaeton, hip hop, etc.; a bit of everything.

Great for all ages, cultures and genders, the whole family can come. All physical abilities catered for.

Thursdays 02 October - 26 March

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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08 8930 0300


**CITY OF
DARWIN**