

HEALTHY DARWIN

Weekly Activity 2026 Dry Season

Zumba Mash-Up

A fun combination of normal zumba dance and zumba toning dance with light hand weights.

This is low to medium intensity - you go as hard or as slow as you feel.

Suitable for all ages and fitness types except very young children.

Thursdays 02 April - 24 September

6:15pm - 7:00pm

Harmony Hall

44 Patterson Street, Malak

No bookings required!

Instructor: Top End Zumba Crew

P - 0417 820 380

E - nmcdade@bigpond.net.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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healthydarwin@darwin.nt.gov.au

08 8930 0300