

# HEALTHY DARWIN

## 2026-27 Wet Season Weekly Activity

### Zumba Mashup

An all-inclusive Zumba class that incorporates a wide variety of Zumba styles with optional light hand-weights to improve muscle tone.

Males and females from youth to seniors are all welcome, including those with movement difficulties or under rehabilitation.

All participants should wear enclosed footwear and bring their own water bottle (small towel also recommended).

**Thursdays** 01 October - 25 March

**6:15 pm - 7:00 pm**

**Harmony Hall**

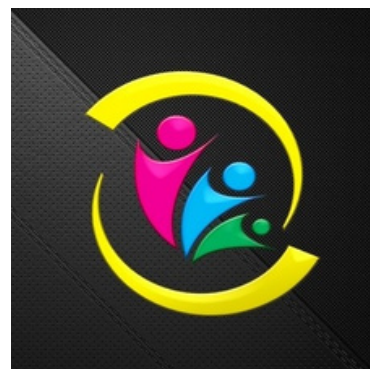
44 Patterson Street, Malak

No bookings required!

Instructor: Top End Zumba Crew

**P** - 0417 820 380

**E** - [nmcdade@bigpond.net.au](mailto: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:**

Follow us on [Facebook](#)

[healthydarwin@darwin.nt.gov.au](mailto:healthydarwin@darwin.nt.gov.au)

08 8930 0300

  
**CITY OF  
DARWIN**