

HEALTHY DARWIN

2026-27 Wet Season Weekly Activity

Zumba and Toning - Mums 'n' Bubs & Seniors

This Zumba session is a 45-minute workout that incorporates dance, music and rhythms from different genres.

A low to medium intensity workout that includes the use of light hand-weights to help tone arms and legs.

This class encourages seniors and mums and their bubs and toddlers to work out together in a fun multi-generational fitness session.

Wednesdays 07 October - 31 March

9:00am - 9:45am

Harmony Hall

44 Patterson Street, Malak

No bookings required!

Instructor: Mini - Zumba Sistas Darwin

P - 0402 260 070

E - mini.edwards@bigpond.com

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

Only \$5 per session!

ZUMBASISTASDARWIN



To find out more about Healthy Darwin:

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