

## Zumba -Dance Fitness Class Wednesdays 6:15-7:00pm

Various dance styles such as salsa, cumbia, hip hop, Bollywood etc.

The class uses various music genres to dance to as well.

Caters for all fitness levels and all ages and genders. Medium to high intensity workout.

Location: Harmony Hall, 44 Patterson Street, Malak Cost: \$5 per person No bookings required! Contact: Zumba Sistas 0402 260 070 A fun Way to Get fit!

towel

& water

Healthy Darwin

bottle

## ZUMBASISTASDARWIN

## **darwin.nt.gov.au/healthydarwin** P: 8930 0419 | E: healthydarwin@darwin.nt.gov.au