



# Zumba for Carers



**Fridays 5:15-6:15pm**

Zumba incorporates a variety of Latin-inspired dance moves and music to promote a healthy heart, a healthy dose of aerobic activity, and a fun, exciting way to build and tone muscle, improve cardio, promote flexibility, and decrease stress.

These sessions are designed to give carers an outlet to focus on their own physical & mental health and wellbeing, and meet other carers around Darwin. All carers are welcome.

**Location:** MIFANT, 2/273 Bagot Rd, Coconut Grove

**Cost:** FREE

**Contact:** Danielle via [programs@mifant.org.au](mailto:programs@mifant.org.au) or 0439 292 213

**No bookings required!**

BYO  
towel  
& water  
bottle

A fun  
way to  
get fit &  
recharge!



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