



Zumba for Fitness

Fridays 5:30-6:15pm

Zumba is an aerobic dance exercise that uses Latin-American music and dance rhythms to create a party-like atmosphere every session.

It's a great way to enjoy exercising, as well as lose weight and improve your overall fitness, flexibility, and endurance. The simplicity of the movements is also part of the appeal!

The experienced Zumba instructors from Top End Zumba Crew will demonstrate the dance moves as well as lower-intensity alternatives so everyone can participate.

The perfect start to your weekend!

Location: Boab Room - Nightcliff Community Centre,
18 Bauhinia St, Nightcliff NT 0810

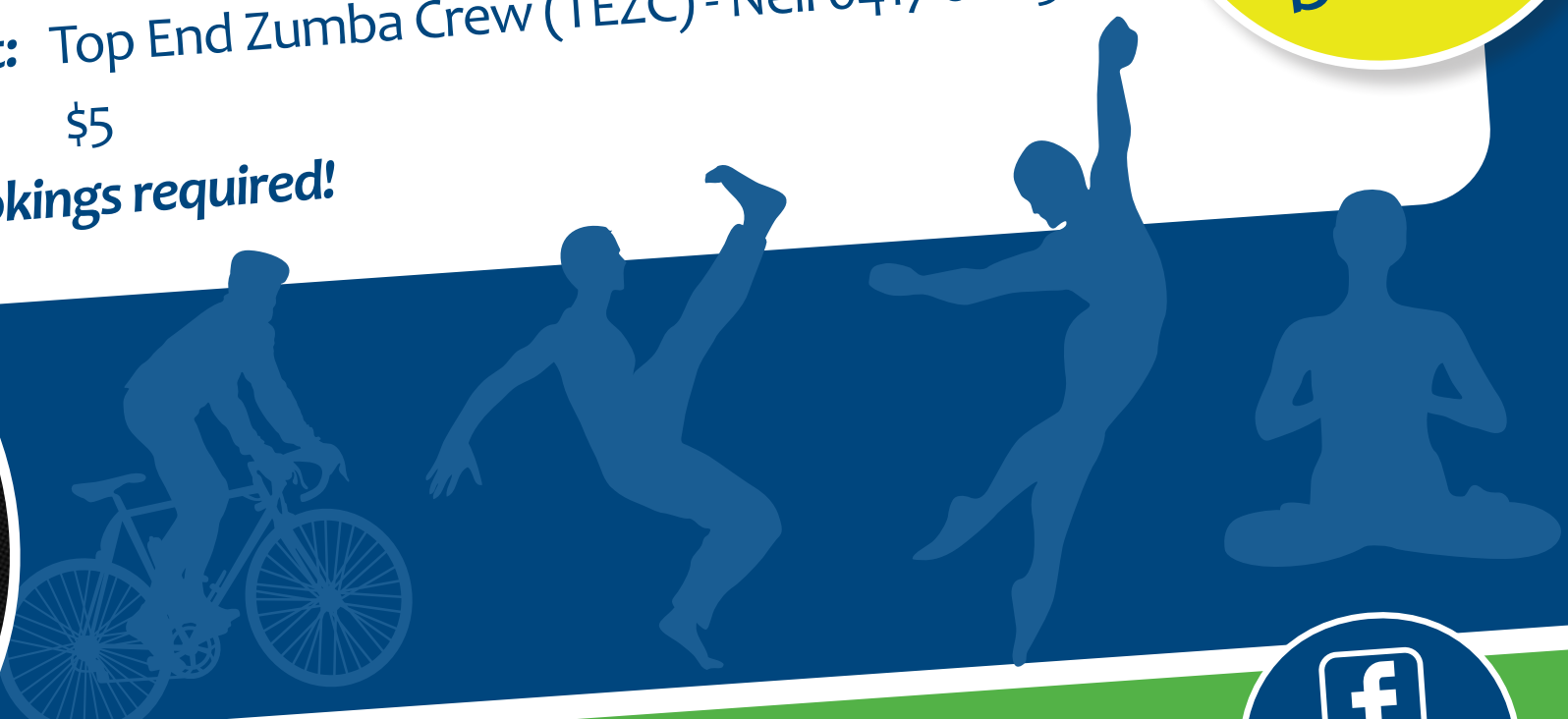
Contact: Top End Zumba Crew (TEZC) - Neil 0417 820 380

Cost: \$5

No bookings required!

A fun way to get fit & recharge!

BYO towel & water bottle



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