

HEALTHY DARWIN

Weekly Activities 2023/24 Wet Season

Zumba Mashup

05/10/2023 - 28/03/2024

Get Groovy, Get Fit, Get Social!

Join the Zumba Crew every Thursday for a fun filled, low to medium Zumba session that will help you stay fit, toned and on your toes during the Wet Season

Zumba Mashup will involve music and dance styles of all genres such as salsa, reggaetón, merengue, etc but at a lower intensity compared to a normal Zumba class

Emphasis will be on a upper body workout with weights and lower body workout with lunges and squats. Intervals without weights will incorporate some dance

Thursdays

6:15 pm - 7:00 pm

Malak Harmony Hall

44 Patterson St, Malak NT 0812

No bookings required!

Contact Neil from the Zumba Crew

P - 0417 820 380

W - www.fitnesshubdarwin.com

Only \$5 per session!

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

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To find out more...

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