

anything but work abw

FITNESS FUN: DANCE YOUR WAY TO HEALTH AT CHERMSIDE KEDRON COMMUNITY CHURCH

Zumba craze catches on with people of all ages

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DANCING couple Navvii Tharmalingam and Shankar Suyambulingam are bringing some rhythm to Chermshire.

Ms Tharmalingam and Mr Suyambulingam have been teaching Zumba dance classes at the Chermshire Kedron Community Church since May and said locals were embracing the high-energy dance style.

As well as being dance instructors, both are also Latin dancers with the Vida Latina Dance Company, which runs the northside classes.

"We have adults, older people and children who come to the lessons, Zumba doesn't discriminate on age," Ms Tharmalingam said.

The couple said their ongoing work as professional dancers meant they were well positioned to teach Zumba.

Vida Latina runs Zumba dance fitness classes at Chermshire Kedron Community Church from 7.15-8pm on Mondays and 6-6.45pm and 7.15-8pm on Tuesdays.

➔ Adults pay \$12, \$10 concession. Bulk passes are available. Visit www.zumbafitnessbrisbane.com.au

SHE SAID IT

NAVVII THARMALINGAM
dance teacher

Zumba doesn't discriminate on age.



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