



**PUMPED:** Megan Chapman and Mel Arnold are thrilled to be hosting a fundraising zumba class. PHOTO: JOHN MCCUTCHEON/194494

## Get in the pink! Kick up your heels for charity

If you feel like travelling around the world, take up zumba dancing.

Travel to Greece, Africa, Spain, India or South America through the language of dance.

If you want to feel you're giving something back while on your wild adventure, go to the Zumba Pink Party next week.

Zumba instructor Mel Arnold will join forces with three zumba instructors for a zumba marathon at Nam-

### ZUMBA PARTY

**WHAT:** Zumba Pink Party  
**WHY:** Cindy Mackenzie Breast Cancer Foundation  
**WHERE:** Nambour Leagues Club, 22 Crusher Park, Drive Nambour  
**WHEN:** October 29, 7.30pm to 10.30pm  
**WHO:** Anyone **COST:** \$10

hour to raise money for the Cindy Mackenzie Breast Cancer Foundation.

Mel said there would be a lucky draw prize, best-dressed prize and raffles while people grooved with the latest fitness craze.

"Zumba is so popular at the moment and we thought it was a good opportunity to do it for charity as well as fun," she said.

"I think it's the music that wins people over. They don't realise they're exercising because they're having so much fun.

"You get to the end of an

hour and you kind of want more.

"I had one lady tell me she feels like she has travelled the world when she finishes a zumba class."

As well as Latin salsa, samba, tango, cumbia and merengue, zumba can include African, Greek, belly-dancing, flamenco (Spanish) and hip-hop.

Grab your pink clothes for a dance under disco lights on Friday, October 29.

- RAE WILSON