

KIWORA NEWS



We are already off to a good start this year with group fitness classes given permission to resume. Kudos to those of you have already started the reactivation of your dancing muscles. Remember, while exercise does a body good, trying to get your pre-pandemic flexibility and endurance back quickly will probably just set you back again. This is why I have initiated a graduated return-to-dance schedule for my classes, gradually making classes longer and a bit more intense as our fitness allows.

SONG STORY

Our current playlist includes “Baila Esta Cumbia.” This song was made famous by Tejano singer Selena (played by JLo in the original bio-pic). Selena came from a musical family, and her brother is also a well-known singer/musician and frontman for the Kumbia Kings. The version of “Baila Esta Cumbia” we dance to is a remix made by her brother after her death featuring Selena and the Kumbia Kings.

FITNESS TIP

While shouting and singing loudly are not permitted right now, it is also important to note that if you can sing in class, your exercise intensity is low. If you can talk but not sing, you are at a moderate intensity level. This applies to any physical activity.

FEBRUARY SCHEDULE

We dance every Tuesday and Thursday.

FEBRUARY RATES

The January special of \$5 per class continues until the end of February. Class sizes are limited so if you want one of 10 guaranteed spots, you will need a \$40 monthly pass. Non-guaranteed spots for drop-ins or punch card holders are on a first-come first-served basis.

GET YOUR SPOT

If it's your first class, you need to register via email. If you have already registered, you still need to sign-in prior to class via email. Prepayment via e-transfer is preferred. Cash will be accepted prior to class.

*Sing, dance, laugh, sweat,
Sherri*

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