

KIWA ORA NEWS



This is an interim update on Zumba Gold® classes.

Two days ago we got the go-ahead from Dr. Bonnie to set the dance free. Since this updated public health order (PHO) was based on discussions between Provincial Public Health and the Fitness Industry Council of Canada, the hope is that we will be allowed to dance uninterrupted going forward.

Key points from the current PHO:

- 7 square meters per person must be allowed. Our studio is 93 square meters, allowing for up to 13 persons (12 participants and me). This is in line with the maximums I had previously set and plan to maintain going forward.
- Masks are recommended when working out, however not advised during a dance fitness class.
- 5 minutes before and after class for safe entrance and exit must be allowed for in all group fitness classes. This allows us up to 50 minutes of dance time.

As we have all gone through an extended period where dancing was prohibited, our dance muscles (many of which are not used in traditional exercises) have gotten a little tight and will need to be gently reactivated. Next week's classes will run 35 minutes with 3 new songs added to last fall's playlist. The following week, 3 more songs will be added, taking us up to 45 minutes. Thereafter, songs will be added gradually to take us up to 50 minutes.

Since our January is only a week long, the January special of \$5 per class will be extended through February 2022. Registration, sign in, and prepayment are noncontact via email. Proof of vaccination is required.

Your regular February newsletter will be sent out next week.

Dancing is exercise. Exercise boosts your immune system.

Don't forget to get to know me on Facebook and follow Kiwa on Facebook for schedule updates and specials.

Sing, dance, laugh, sweat,

Sherri

v. Jan(2) 2022

Kiwa dancefitness

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