



Kiwa dance fitness



As 2021 draws to a close, I want to take a minute to thank you for joining me in the studio this past year. If there is one thing I have learned since Spring of 2019, it is that “normal” is not a constant, it is ever changing; and we have to adapt on the fly to changes as they happen, in real time.

Classes have changed from crowded studios to safe places to dance, have fun, and get your steps/active minutes in. How we dance has changed from moving about freely to ensuring we respect personal spaces. Through fitness we are changing from worriers to warriors when it comes to our health.

As per the public health orders of December 21, 2021, Zumba Gold® classes will resume on Tuesday, January 18, 2022. The winter session will run until the end of March, and the Spring session will start in April. [In the event the orders change again, I am looking into the possibility of “private” classes for cohorts.]

Last spring I had promised you a new dance fitness format, but that will be delayed as the company has yet to provide the training material. Until such time as my certification is complete, I will be salting my Zumba Gold® playlist with songs from Polynesia and the South Pacific.



JANUARY SPECIALS

I will continue the \$5 class rate until the end of January and then regular rates will come into effect. Regular rates that guarantee you a spot are \$5/class on a monthly pass basis (20% discount when buying multiple passes). 10 spots will be reserved for monthly pass holders. An additional 2 spots will be reserved for daily passes (\$7) or punch card holders on a first-come first-served basis. Everyone has to preregister and sign-in prior to class.



YES, punch cards are back for those of you who can't plan. Because punch card holders are not guaranteed a spot, the rates are unbelievable; 5 class pass \$25; 10 class pass \$40; 20 class pass \$60. (Valid for 1 year. Booked no-shows lose a punch.)

I hope you are all having a wonderful and safe holiday season, and I wish you a new year that is happier and brighter. Don't forget to get to know me on Facebook and follow Kiwa on Facebook for schedule updates and specials.

Sing, dance, laugh. Sherri

v. Jan2022

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