

KIWORA NEWS

Kia ora, aloha, ohana nui



March 2022

Thank you to everyone who joined me in my classes over the past 3 months. Your help in creating the post-pandemic playlist and choreo is much appreciated. We are now pretty much set for the rest of the spring session. A couple of the songs are still new to me, so please bear with me as I may modify slightly once I see how the choreo actually works in class. One or two more songs will be added later in the spring.

NEW NORMAL for Kiwa dance fitness

While restrictions have been lifted, I have decided to keep classes smaller (max of 12) so you can move about freely and we can build our ohana. I have also decided to keep rates affordable (see below). Vaccine passports and masks in common areas are still required.

PEER FITNESS

Just a reminder that classes are designed for older adults like myself who may not move they way they used to but want to keep moving and dancing.

MARCH SPECIAL

Wear green on March 17 and get \$5 off your next monthly pass or a FREE CLASS pass.

MARCH SCHEDULE

We dance every Tuesday and Thursday.

REGULAR RATES

[See pinned post on Kiwa's Facebook page.] Class sizes are limited, so if you want one of 8 guaranteed spots, you need a \$45 monthly pass. Non-guaranteed spots for drop-ins or punch card holders (5, 10, or 20 class passes) are on a first-come, first-served basis.

RESERVE YOUR SPOT

Email me at kiwadancefitness@gmail.com to register or sign-in. All passholders and cardholders must register once a year and everyone signs in for every class.

Sherri

LAUGH . SING . DANCE . SWEAT

Kiwa dancefitness

Parksville, Vancouver Island, Canada

Phone: (778) 318-1751 • kiwadancefitness@gmail.com • www.kiwadancefitness.ca