

# K I W A O R A N E W S

Kia ora, aloha, ohana nui



**April 2022**

It's time to put the past 2 years behind us. It finally feels like spring this year, with lots of hope on the horizon. While the past couple of years has deprived us of activities, events, visits, and travel, we must remember that even though we think we should be making up for lost time, we don't have to catch up on everything all at once. Ease back into things. Let's remember the good things we learned about what was truly important and take time for self care.

*Dance fitness is self care, just sayin'.*

## **NEW PROCEDURES**

**Registration:** Everyone has to register their contact and emergency information. This can be done via email (preferred) or in person. **PAR-FIT:** At your first class you will receive a "Participation Fitness" form to complete and return. This is required annually for insurance purposes. **Sign in:** Prior to every class, everyone must sign in and confirm their continued fitness to participate in the class. This can be done in-person (please bring your own pen) or online. **Intent to attend:** *Cardholders and drop-ins must notify me in advance of their intent to attend class, otherwise risk no spots being available.*

Vaccine passports required until April 8, 2022.

**PEER FITNESS** Classes are designed to be safe for older adults like myself who may not move the way they used to. As long as you keep moving, it doesn't have to be graceful or on beat.

**APRIL SCHEDULE** We dance every Tuesday and Thursday.

**RATES** Guarantee a spot with one of 8 monthly passes for only \$45. Rates are pinned to top of Kiwa Dance Fitness on Facebook.

## **RESERVE YOUR SPOT**

Email me at [kiwadancefitness@gmail.com](mailto:kiwadancefitness@gmail.com) to register, sign-in, or declare your intent to attend a class.

*Sherri*

**LAUGH . SING . DANCE . SWEAT**

**Kiwa** dancefitness

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