



kia ora, aloha, ohana nui



**June 2022** June signals the beginning of summer here in the northern hemisphere; and that means beaches, BBQs, and a whole lot of outdoor living. Remember to hydrate – by the time you feel thirsty, your body has already dipped into dehydration mode. Staying hydrated also ensures that the salt from sauces, margaritas, and other people’s cooking keeps on moving. Sun safely – it only takes 15 minutes of “unprotected” sun to get your vitamin D, after that, slather on the sunscreen.

### ENDLESS SUMMER

To coincide with what I hope will be outdoor classes this summer, I will be slowly introducing more island vibes into the playlist, songs that make you feel like summer will never end.

### KIA ORA

[Language: Te reo] When you say “kia ora,” you are not merely saying hello to someone, you are wishing the essence of life upon them and acknowledging where and who they came from.

### LET'S PLAY

A new choreo is in the works, Pate Pate, and will be coming your way sometime in June.

### JUNE SCHEDULE

The dance floor is open every Tuesday and Thursday (except June 2) at 10:30 a.m.

### SUMMER VENUE

Stay tuned. I am still looking for an alternative site for July/August. Our current studio can get very hot and Innovate runs intensive programs for their students during the summer break, both of which limit the accessibility and safety of our current studio.

### HOUSEKEEPING

- Guarantee a spot with one of 8 monthly passes for only \$45.
- Email [kiwadancefitness@gmail.com](mailto:kiwadancefitness@gmail.com) to register or sign-in.

*Sherri*

**LAUGH . SING . DANCE . SWEAT**

**kiwa** dancefitness

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