



Kia ora, aloha, ohana nui



**July 2022** There will be no classes in July or August. Our host studio is unavailable due to intensive programs for their elite dancers and kids' classes (in conjunction with the RDN). This summer is a big one for me – a milestone birthday (65) and the start of some major home renovations (paint, flooring, kitchen cabinets). I am already looking forward to returning to the dance floor in September. I will keep you posted as to the fall start up date.

### **VIRTUAL STUDIO**

I am hoping to “open” the virtual studio over the summer so you can get your groove on even if you aren't joining me on the dance floor.

### **NEW PAGE ON THE WEBSITE COMING**

I will be adding a Nutrition page to the Kiwa website. This page will provide tips and advice on how to make your meals healthier. This page is not about diets or programs, it's about basic information you can make informed decisions. There will be a lot of nutritional comparisons, like potatoes versus rice. *Note:* I am not a nutritionist or dietician (both of which require university degrees), but I am certified in nutrition for weight management and qualified to offer advice beyond that of a group fitness instructor or personal trainer (i.e. beyond the Canada Food Guide). The launch date will be posted on Facebook (my page and Kiwa's).

### **#KIWAPLAYS**

No sand, no sun, no problem. The playlist is being fine tuned to bring you an “endless summer” beach party with a focus on songs that make you feel good, like summer will never end.

### **JULY SCHEDULE**

No classes until September.

### **HOUSEKEEPING**

- Watch for discounts on monthly passes and punch cards to kick start your fall dance card.
- Email [kiwadancefitness@gmail.com](mailto:kiwadancefitness@gmail.com) for more information.

See you in September,

*Sherri*

**LAUGH . SING . DANCE . SWEAT**

Kiwa dancefitness

Parksville, Vancouver Island, Canada

Phone: (778) 318-1751 • [kiwadancefitness@gmail.com](mailto:kiwadancefitness@gmail.com) • [www.kiwadancefitness.ca](http://www.kiwadancefitness.ca)