



Kia ora, aloha, ohana nui



**August 2022** As announced on the Kiwa Facebook page, I just started training in Hot Hula Fitness®. It's a self-study program and will likely take until the end of the year to be ready for the video exam, so classes won't be on the schedule until the new year. This means Kiwa will have 2 dance fitness options, the freestyling international dance party style of Zumba Gold® and the storytelling dance style of Hot Hula Fitness® based on the rhythms of the South Pacific.

### TACOS, TUNES, AND ISLAND TIME

Welcome to the BLOG, where I talk about personal musings and share recent wellness news that has crossed my path. Please check back to see **What's New** here and sign up to get email notifications. <https://kiwadancefitness.ca/tacos-tunes-and-island-time/>

### VIRTUAL STUDIO

Still “under construction.”

### NUTRITION ON THE WEBSITE

A Nutrition page is coming soon.

### #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.

### AUGUST SCHEDULE

No classes until September. Like last year, we will start slow with a 30-minute class and build to the full 50 minutes by adding a song every class in September.

### HOUSEKEEPING

Check out **Kiwa Dance Fitness** on Facebook for start up date (rumour has it we will kick off the new dance year with a free class) and discounts on monthly passes and punch cards. <https://www.facebook.com/kiwadancefitness>

See you soon,

*Sherri*

**LAUGH . SING . DANCE . SWEAT .**

Kiwa dancefitness

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