

# Zumba with KaniKani

## *April News*

### **UNDER construction\* New classes to be offered**

These include city lunch time express classes, Friday morning class and another evening class. Keep your eyes peeled on the website and Facebook page for up to the minute details! Or email me with your interest in any of the above classes! [ilovezumba@xtra.co.nz](mailto:ilovezumba@xtra.co.nz)

**The Yummy Mummy Club run by yummy mummy Lisa Woodley** is a club for mothers and mummy's to be in Wellington who want to find some balance in their lives and re-find their mojo's. Lisa is organising another fun Zumba night that I am instructing at. It is on Friday the 23<sup>rd</sup> of April from 7-8pm. It will be held at St Johns Anglican Hall, 18 Bassett Road, Johnsinvill. If you are interested email me back. Check out their Yummy Mummies fan page on facebook.

### **The *You Rock!* - Zumba Party!**

This is a party to say thank you, thank you, thank you to all the KaniKani Zumba fans for all their support and Aroha. There is lots of fun to be had! Featuring a chance to win awesome prizes (see next paragraph) whilst experiencing Zumba in an *off the hook "club" atmosphere!* Entry is \$10 or is FREE if you flash your KaniKani concession card- it's our way of saying You Rock! Time and place TBC.

### **You could win a 20-trip concession card valued at \$200 or a Zumba outfit also valued at \$200?**

We have two competitions up for grabs! The first one is - bring as many new people as you can to our Zumba Thank You Party and you could choose from the above prizes. Talk to me if you would like flyers to take to your kids school/kindy/pre-school, into your work place or just to hand out to your friends and family to encourage them to come along. Get them to announce you as their Zumba friend on their arrival to the party and you could be a winner! The second competition is: Send us your inspirational story on what Zumba has done for you and the most inspirational story again will chose from one of the above prizes. Winners are to be announced at The *You Rock!* – Zumba Party!

**Want Zumba Clothes?** See [www.zumbashop.com.au](http://www.zumbashop.com.au)

### **No Expiry Date**

Concession cards will now be issued with no expiry date. (lol, we have been slack at checking them anyway!) If you have a card that has an expiry date on it then good news for you as this date will be ignored. Allowances will be made for those of you who still want us to put an expiry date on it as an extra motivation to get to class if you would like it☺

### **Easter Timetable**

Don't forget we will be running Easter classes in Karori and the City on Easter Saturday and also Easter Monday in Karori. We promise we will make it worth your while!! More detailed timetable with instructors and locations see below.

# Easter Timetable

[www.kanikani.org](http://www.kanikani.org)

**Thurs 1 April** 5.45pm, St Johns City, Instr. Mora

**Sat 3 April** 9.15am, Karori Campus, Instr. Ani

**Sat 3 April** 11am, St Johns City, Instr. Mora

**Mon 5 April** 9.15am, St Johns Karori, Instr. Mora

**Tues 6 April** 5.15, Thistle Hall, Instr. Mora

**Wed 7 April** 5.45, St Johns City - *No Class, come to Karori*

**Wed 7 April** 6.30, Karori Campus, Instr. Mora

**Thurs 8 April** 5.45, St Johns City, Instr. Mora

**Sat 10 April** 9.15, Karori Campus, Instr. Mora

**Sat 10 April** 11am, St Johns City, Instr. Mora

**Mon 12 April** 9.15, St Johns Karori, Instr. Mora

On the 13th of April and beyond everything returns back to normal

Hot Mamas' Term 2 starts back the 29th of April

Happy Easter! *Arohanui, Ani & Mora*

## Registrations now open for Hot Mamas term two!

The Thursday Hot Mamas' Club is for woman 30+ or who are Mothers and is part of the [St Johns in the City](#), Community Movement Day. This class will focus on Zumba form/style and learning more about the rhythms and dance steps. Numbers are strictly limited so we can spend more time on individual needs. This class runs term time only. Term two registrations are open now. Term Two is 10 Weeks long, 29 April - 1 July. Costs \$80.

Held at [the St Johns Centre](#) To register simply email me for a registration form.

**New Student and Community Service Card Holder rates:** \$10 a casual visit and \$80 for a 10-trip concession. Please provide either your student ID or Community Service Card to get your discount! Excludes express class.

**Have you visited the KaniKani site lately?** Check out [www.kanikani.org](http://www.kanikani.org). Keep it bookmarked so you can regularly check timetables and the latest information.

**Join our [facebook](#) group** – Zumba with KaniKani! It is well worth it. Joining will get you the latest invites, news updates and also allows you to participate in discussions that give you the power to customise your workout for the

better!

**New Karori Venue!** If you don't know already Zumba is now held at Ward Hall, Teachers College, Donald Street on Wednesday at 6.30pm and Saturday at 9.15am. Monday at 9.15am are still held in the St Johns Hall, Karori Road.

**New Routines being released after Easter:** Yay, new dances are coming to move our bodies in new ways!

### **Training**

I am due to take up some more Zumba training in the following programmes *Zumba Toning* (Zumba programme using toning sticks) and *ZumbAtomic* (zumba for kids 0-12years) This training will be in August to see if and how it will benefit what we are doing already. Both programmes are excellent and are doing amazingly well all around the world with fantastic results. I will also be taking some specialist training in fitness, salsa, reggaeton, brazilian and more hip hop. I will keep you posted on my training and look forward sharing what I learn with you.

**Tu Mai Magazine** Check out Tu Mai Magazine when it hits shelves 15<sup>th</sup> April for an article about KaniKani! Want to know more about Tu Mai? Check out <http://www.tumai.co.nz>.

**Personal news:** I will be in Tokomaru Bay from the 5<sup>th</sup> to the 12<sup>th</sup> of April helping my Mum with her very own Zumba launch party, leading a Zumba class with my younger sister who is also an instructor and developing a whole new class to share with you all when I get back home. As well as doing all this I will be celebrating with my other younger sister who is getting married at the local Marae. We will try not to let Zumba Mania take over the whole wedding week but I know that we won't be able to hold back when it is time to Zumbafiy the dance floor straight after the first wedding dance. I've got my wedding playlist ready!

Aroha, Peace & Zumba!

Ani Prasad

Zumba Instructor

[www.kanikani.org](http://www.kanikani.org)

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