

AUGUST ZUMBA NEWS

Kia Ora & Hola! The end of winter is near and spring is just around the corner. Thank goodness. Woot, woot! Hope you are all keeping well. Enjoy your August Zumba Newsletter everyone.

Meet our new *Kanikani* instructors



Kelly-Ann Hubbard has loads of fitness industry experience and spends much of her time learning new exercise and fitness techniques. She has a certificate in Exercise Science, a ballet background and certainly knows how to shake it. Kelly-Ann is a qualified Zumba instructor and has completed her Basic 1 training. She also works full time as an Information Technology Consultant in the heart of Wellington City. You can find Kelly-Ann at the city classes. She has an interest in nutrition and weight management is looking forward to offering advice and support to our participants.



Hayley Ng known as H will be running our new classes in the city. H's dancing journey started at the age of seven and she continues to share her passion for dance with others! H has travelled abroad teaching Tap, Jazz Ballet, Urban Street and Break Dancing. H enjoys performing and participating in break dancing competitions. Battle anyone? She has just returned from a one-year English teaching contract in Indonesia and is ready to 'join the party' and ZUUMMBBAAHH!! H is an amazing dancer and knows how to move and groove to various Latin beats.

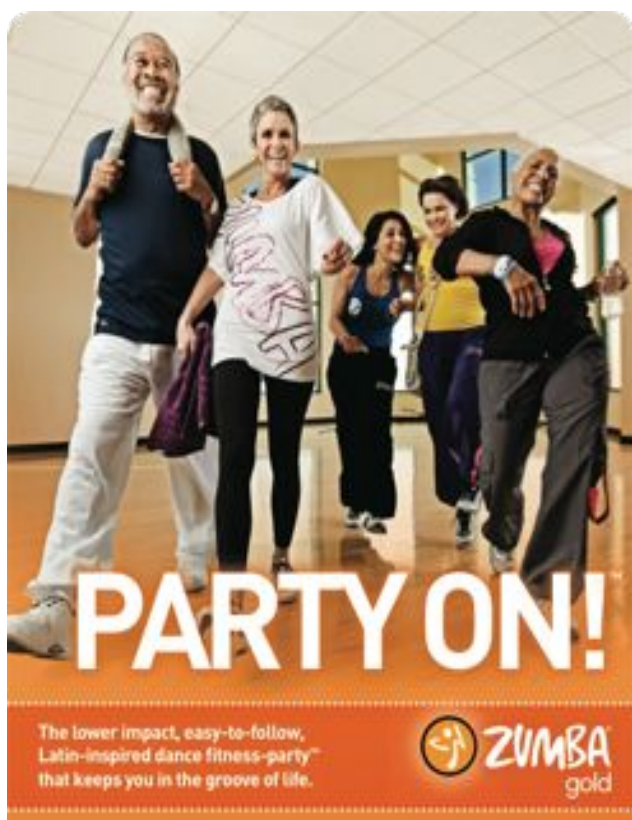
Joanna Perrett (Esposito) is a beautiful Italian girl who has danced and competed (South Island Salsa Champion) in the salsa scene for many years. She is a certified Zumba instructor and has completed the Basic 1, Basic 2 and Zumba Gold training. She works full time as a Receptionist at Colliers International and has been going to classes and practicing her tracks on Saturday in the city. In term 4 she will start our Zumba Boost class, which will run during term time. Boost will be for people that want to be taught the routines at a slower pace focusing on Latin styles. This will be more like a dance class. Perfect for the beginner or the regular that wants to boost their workout!



City classes are nice & full As all of you City people know all our classes in the city are getting chocka with party people! To keep up with the demand we are introducing more classes so that you can party more. These classes will start at a beginner level and then build up as the class progresses. H will be taking these new classes. Check out our timetable at the end of this newsletter. Also are any of you interested in lunch-time express classes? Email ilovezumba@xtra.co.nz

Attention Kids! – ZumbAtomic comes to

Karori soon! Sure, chillin' out is cool. But rockin' out is a blast! That's why you're gonna love the Zumbatomic® fitness program for kids. It's a fast-forward fusion of the Zumba program's moves - salsa, cumbia, reggaeton, hip-hop and more! High-octane workouts designed to let kids ages 4-12 max out on fun and fitness all at the same time. Safe and effective, kids can't wait to get into the ZumbAtomic groove. If you have children that may be interested in this programme we would love to hear from you. Please email us on ilovezumba@xtra.co.nz



Zumba Gold is so Good!

The Zumba Gold programme was released last month in Karori and is a huge hit with everyone that attended! We are very much enjoying meeting all the great GOLD participants and getting to know each other more. We have had two classes so far and are working on various dances such as belly dance, tango (very challenging), merengue, flamenco as well as increasing our balance, flexibility, fitness and joy!

Some of the main goals and benefits of Zumba Gold include improving the quality of life; maintaining functional skills such as ADLs or activities of daily routine. Gold is easy to learn and follow (except for tango 😊) so that success can be achieved quickly; and also to just have FUN. We hope to go out for coffee after class on the 16th of August so book it in your diary!

Zumba BOOST was such a hit last month! Both workshops were booked out and were attended by people serious about getting the most out of their Zumba workout! Many of you have asked when the next one is and we have had loads of new people come along to our Karori classes recently. If you are interested in a Zumba Boost session (this is when we learn the routines at a slower pace), then please email Ani on ilovezumba@xtra.co.nz to let her know if your interested. If we have a core group we will do an extra class perhaps on a Sunday afternoon in Karori.

0800 Get Zumba How do ya like our new phone number? Now you can call it anytime to get information like our timetable, locations etc... or perhaps you would like to talk to Ani? This number is so easy for you to remember so you can pass it onto mates so they too could **Get Zumba!**



Ani is off to Orlando!

Ani & her sister Tui from Gisborne Zumba (both pictured here with their first ever home-made sign) are attending the Zumba Instructors Convention in Orlando, USA, from the 24th of August to the 2nd of September. Ani is very excited

to learn more about the Zumba programme and will come back certified to teach ZumbAtomic & Zumba Toning. She will also take workshops learning specialty rhythms such as Brazilian, African and Hip Hop. H, Joanna, Kelly-Ann and other Wellington instructors will be covering her classes while she is away and will ensure that the party keeps going. Thanks to Raz, her husband and the Z-Team who will be looking after you all.



Z-team We want to do a big shout out to our Z-team-Sa, Carina, Anna, Naomi, AJ, Raz, Kelly-Ann, Victoria-Rose and Katrina. This is the team that welcomes you, directs you to where the closest EFT POS machine is, administers first aid if you have rolled your ankle, let you in when you have forgotten your card, encourage you to relax if you are new and of course click your card! Without this dedicated team Zumba would be a total shambles! They are all getting together this weekend to discuss how they can continue to make the Zumba experience awesome for you.



Anna, Naomi, Ani & Kellie in Karori



Katrina, AJ & Anna in the City

Zumba at the Roller Disco was tino pai! So many people had fun and enjoyed rocking Zumba Maori styles! Well done to Claire, Eve, H, Joanna, AJ, Raz and Eli for joining Ani on stage! For those of you that are curious, we did take our skates off before doing Zumba ☺. The roller disco will be televised on Maori TV in the next two weeks. If you are interested in watching let me know and I can tell you when it will be on. Na Zumba i penei taku tinana – This is a Zumba Body!

Zumba Timetable



www.kanikani.org

0800 Get Zumba

| Monday | Tuesday | Wednesday | Thursday | Saturday |
|--|--|---|--|---|
| 9.15am St Johns Hall Karori | 5.10pm Thistle Hall Cuba St Express | 5pm St Johns City | 9.15am St Michaels Hall Kelburn | 9.15am Teachers Coll Karori |
| 10.30am St Johns Hall Karori Gold | | 6.45pm Teachers Coll Karori | 5.45pm St Johns Centre Booked out till 11th Oct | 9.45am St Johns Centre City Starts 21/08 |
| ZumbAtomic - Karori Coming Soon! | | 6.10pm St Johns City Starts 18/08 | | 11am St Johns Centre City |



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Zumba with Kanikani



*Have a fabulous Zumba
August everyone!*