

JULY ZUMBA NEWS

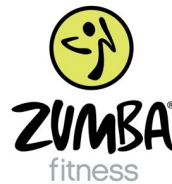
Kia ora & Hola! It is fabulous to see so many of you braving the chilly weather to come out and heat up with Zumba. A big welcome to all the new people that have started in the last month, we hope you are enjoying the party as well as feeling more energetic, happier and healthier. And of course big congratulations to our regulars for continuing to party hard and shake it!

City Thursday @ 5.45pm will be accessed by a pre-paid term booking system which starts in Term 3 on the 22nd of July. This class is now fully booked. If you have booked but not yet paid please confirm with us, that you would still like us to hold your place for you.

More BOOST We had a good response to our Zumba Boost workshop happening on the 8th of July. So good in fact that all spaces have been booked! If you have missed out don't worry, as we are going to run another Boost session on the 15th of July, details are below:

Zumba BOOST

Thursday 15 July
7-8.30pm



www.kanikani.org

St Johns in the City Dance Studio, Cnr of Willis & Dixon St

Zumba Boost is a 1.5 hour session for anyone that wants to give their Zumba workout an extra boost! Time will be spent studying the basic Zumba steps and rhythms plus you will learn how to get the most out of your Zumba workout. This workshop is great if you are new to Zumba and perfect for those wanting to practice their technique and get more familiar with the new routines. \$20 per person or \$15 if you are a concession card holder. Pre-paid bookings are essential as numbers are limited to 25 people only. You can register at the desk, FB or email ilovezumba@xtra.co.nz

The Zumba Shop comes to NZ Tui Keenan, from Gisborne Zumba, and my favorite sister (whanau rates), is going to be launching www.zumbashop.co.nz. This is the official NZ online store where you can buy Zumba clothing, accessories and music without having to pay international courier fees and taxes. Shopping will commence in mid July. Cha, ching!

Eat for Health Nutrition workshop led by Sarah Burkhart was fantastic with many of us learning new things including how to eat more balanced meals as well as proper portion sizes. If you are interested in learning more about nutrition you can sign up to Sarah's free monthly newsletter for new tips, nutritional updates and tasty healthy recipes. Just go to her website www.sportsnutritionist.co.nz

Spice up your life Now I know that you have been spicing up your life with Zumba but what about bringing some more fun and spice into your relationship/marriage? Anna Davis, a Zumba enthusiast and part of our Z-team is hosting a relationship/marriage course for couples looking for enrichment! Both Raz and I, and many of our friends have completed the course and we have all found it very beneficial and certainly enriching. I have attached the flyer below and if you are interested then contact Anna on the below email address or you can talk to Anna at the welcome desk at our Karori Monday or Saturday morning classes.



we're inviting you to consider attending a marriage/relationship enrichment course beginning on Monday 26th July at St John's in the City...

...it's a chance for you to spend some nights out together looking at some important issues. Regardless of how long you've been together, every relationship deserves time.

Topics include recognising each other's needs, learning to communicate effectively, resolving conflict, healing past hurts, relating to parents and in-laws, good sex, making time for each other and having fun together.

Each evening over dessert we'll watch a DVD during which there are several pauses for you to talk together. Discussion is only between couples; there is no group discussion.

Day: Monday evenings
Dates: 26th July for 8 weeks finishing 14th September
Time: 7.15pm. dessert; 7.40 DVD begins; 9.30pm finish
Venue: St John's Centre Hall, cnr Willis & Dixon Sts, City
Food: Dessert, coffee/tea provided.
Cost: \$50 per couple

To register or find out more, contact:

Anna ph: 385 1546 daytime/934 2167 evenings

Email: a.davis@stjohnsinthecity.org.nz

Zumba Convention I will be attending the Zumba Convention in Orlando from the 26th of August for 10 days. I will be attending training in various dance styles and Zumba programmes as well as learning the latest and the greatest from the Zumba world. Classes will continue as normal and will be covered by various instructors. I am in the process of securing instructors and a confirmation of our timetable will be out in our next newsletter.

Zumbathon The Wellington East Girls College Zumbathon fundraiser was a success. Qualified instructors donated their time to take classes in Civic Square. "Over \$700 was raised for World Vision and a great time was had by all," said Joanna Sage, the Charity Prefect who led the Committee in organising the event.



Ani pictured here with Zumba instructors Tom & Beth from Brooklyn on stage at the WEGC Zumbathon Fundraiser at Civic Square.

Celebrate Matariki with the Whanau!



KaniKani Koneke Roller Disco

Friday 30 July, 6.30-10pm, Kilbirnie Recreation Centre

Haere mai – come on down to the Kilbirnie Recreation Centre, put your skates on and enjoy a night full of fun activities for the whole family. Ani and the Zumba with Kanikani team will be down there having some fun on skates as well as leading everybody in some Zumba-Maori styles! This is part of the Matariki celebrations and is hosted by the Wellington City Council. Gold coin donation. Ph: 499 4444 if you would like more information.



Have a great July everyone and look forward to seeing you at the next **PARTY!**

Aroha, Peace & Zumba

Ani