

Zumba starts in the City this week! Take a look at the timetable below:
Tuesday 5.15pm - Thistle Hall, 295 Cuba Street
Wednesday 5.45pm - Upstairs, St Johns Centre, cnr of Willis and Dixon St
Thursday 5.45pm - Upstairs, St Johns Centre, cnr of Willis and Dixon St
Thursday 7pm Hot Mamas, Upstairs, St Johns Centre, cnr of Willis and Dixon St - BOOKED out - put your name down on our waiting list
Saturday 11pm Upstairs, St Johns Centre, cnr of Willis and Dixon St
For more info visit www.kanikani.org or email me back to register

Wellington Zumba Party! Friday March 5th 8-9pm, Fitness Dynamix, 14 Park Road, Miramar - Nikolai, my friend and wonderful instructor is hosting a party that we have all been invited to. I am going and would love to bring a whole lot of you with me. So lets party and meet some of the other classes in Wellington City!! \$10 entry fee, RSVP either Email or on the events page via our facebook group

Master Class with Maria Teresa Stone Saturday March 6th, 5pm, Fitness Dynamix, 14 Park Road, Miramar - Maria is the Zumba Educational Specialist for the whole of Australasia. She is an inspiring and energetic instructor. You will have a great time:-) \$15 prepaid or \$20 door sales. RSVP email zumba@romanovofrussia.co.nz or ph 232 2776

Instructor Training Sunday March 7th - check out www.zumba.com for more information. Or chat to me at the next class:-)

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 a fun Zumba night that I am instructing at. It is on Friday the 12th of March from 7-8pm with a shared supper afterwards. It will be held at St Johns Anglican Hall, 18 Bassett Road, Johnsinville. I would love to see as many yummy mummies as possible! If you are interested email me back.

Easter Holidays - I will be away attending my sisters wedding during the Easter holidays so will be away from Thursday 1st April - 13th of April. But don't worry there will be still Zumba classes to attend, with Mora who will be covering my classes while I'm away. See the below timetable for Easter/School Holiday sessions:

1 April, Thursday - 5.45pm St Johns in the City, **No Class**
3 April, Saturday - 9.15am - St Johns Karori
3 April, Saturday - 11am St Johns in the City, **No Class**
5 April, Monday - 9.15am - St Johns Karori
6 April, Tuesday 5.15 - Thistle Hall, express class
7 April, Wednesday 5.45 - St Johns in the City, **No Class**
7 April, Wednesday 6.30 - St Johns, Karori
8 April, Thursday 5.45 - St Johns in the City
10 April, Saturday 9.15am - St Johns Karori

10 April, Saturday - St Johns in the City, **No Class**

12 April, Monday 9.15am - St Johns Karori

From the 13th of April and onwards everything returns to normal. Note the Hot Mamas Club will run during term time only

This Wednesday (3 March) in Karori the session will be led by the lovely Allison Childs who also teaches in Karori on a Tuesday night. Allison teaches Zumba at Configures Gym and enjoys playing tamborim for a brazilian percussion group in her spare time. Have a fantastic time with her and I'll see you the next Wednesday after.

Congratulations to Allison Collins, Carol Tyson, Nicola Hughes and Alice Boulton who have all shared their success stories of "transformation" - their new body shape and weight loss! Well done ladies:-)

Join our [facebook](#) group! Its 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! Also there is a very cool video posted up - you could be a star?!

Here is a **Yummy Recipe** for Bircher Muesli from Zumba athlete Catherine Coombs! Yum! Great way to start your day or eat whenever hungry:-)

Serves 1-2

1/2 cup rolled oats

1/2 cup yoghurt (plain or flavoured)

1/2 cup milk

1 Tbsp honey

1 apple grated with skin on

Place all ingredients in a bowl, mix well and stand in the fridge overnight
In the morning the oats will be soft, sweet and fruity. Eat as is or try some of the following as toppings:

toasted nuts, fresh sliced fruit, berries, mashed banana, wheat germ, pumpkin or sunflower seeds

Are you new to Karori classes? If you have started classes in Karori just recently you may be feeling a little overwhelmed by all the co-ordinated people!? Most of us have been doing Zumba for 3-5 weeks now so have had lots of practice. Don't worry you will soon find things much easier as your fitness increases and you become more familiar with the routines. The city classes are about to start next week so you are welcome to come along and try a couple of these sessions. Everyone in the city will be starting from the beginning (same routines as Karori). So we will be taking things slowly as we learn the movements together. Other Karori regulars are also welcome to attend if they are interested in a "refresher" class.

New Routines in Karori A new merenge track was added to our Zumba

playlist this morning - it certainly left me struggling for breath and smiling at the same time! A new belly dance routine will be released in the next few weeks as we will stop previewing the Zumba Battle moves and just get straight into it. Exciting!

Our Website www.kanikani.org is always updated with the latest information, including timetables, prices and locations of classes. If you haven't already had a look then check it out!

What's your favorite Zumba track? Email me or join the discussion on our [facebook](#) page.

Thanks so much to everyone who has shared their success stories, given feedback, become a member on facebook, helped with teaching, clipped concession cards at door and built stages! And of course a big thank you, thank you, thank you to everyone for *JOINING the PARTY!* See you on the dance floor.

Aroha, Peace & Zumba!

Ani Prasad

Zumba Instructor

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