

Kia ora Zumba family!

Here's February's news for you to all enjoy!

Zumba Coffee Club comes to Karori Monday, 22nd Feb, 10.15am. This support group is all about helping you achieve your fitness and weight loss goals. If we are serious about our goals we need to not only give our bodies the exercise it needs but also give it the nutrition it needs. Tim Gillian who is a personal trainer and is passionate about nutrition, will be joining us. If you keen to come along it is only \$10 a session and includes a cafe coffee. Please RSVP by emailing me with your coffee order.

Introducing Mora Castro Murua! Mora is a dance teacher from Argentina and is currently doing her training to become a Zumba Instructor. She has worked in several dance studios and gyms in Argentina teaching Reggeaton, Salsa, Jazz and Bellydance. She has a passion to dance and a personality to share dance with all people. Add to that a gorgeous accent and a strong latin dance style and you have one inspiring Zumba instructor! She will start to teach in the city and your concession card will give you access to all her classes! Aren't you lucky:-) You will meet her in our classes soon as she comes to participate, learn and teach alongside me:-)

New Classes start in March. Check out the full timetable below:

Zumba Session Times in Central Wellington – starting 2nd March

Day	Time	Location
Tuesday – <i>Express class</i>	5.15pm	Thistle Hall, Cuba St
Wednesday	5.45pm	St Johns Centre, cnr of Willis and Dixon
Thursday	5.45pm	St Johns Centre, cnr of Willis and Dixon
Saturday	11am	St Johns Centre, cnr of Willis and Dixon

Zumba Session Times in Karori - running now

Day	Time	Location
Monday	9.15am	St Johns Hall, Karori
Wednesday	6.30pm	St Johns Hall, Karori
Saturday	9.15am	St Johns Hall, Karori

Zumba Battle The Zumba Battle is being released in Karori this Saturday! Yes that's right, this Saturday Monday and Wednesday we will learn the special moves that will prepare us all for battle. We are dancing to a *soca/soul calypso* song which originated from Trinidad and Tobago. A Zumba battle is when the class is split into two and you face each other. It's a friendly *fight* as we encourage and cheer each other on! Lots of FUN!

Stage Update My husband Raz and good friend John have completed stage one. Pun intended! It is currently having its 90cm legs made. I'm currently using it with its 30cm legs. We have placed it at the back of the hall, in front of the double doors as you enter the hall. This has given us more room to party as we have been able to use the raised part of the hall which is situated at the front.

Zumba Training There is a Zumba Instructors Training happening on Sunday the 7th of March that I invite you all to participate in! I highly recommend it! It's not only for people that want to learn how to be an instructor but also for people that just want to learn more about Zumba, the formula and the basic moves. I'm going to go and I would really love it if some of you would all come with me! The day is soooooo much fun and well worth it! Check out the this [link](#) for more information or talk to me!

Don't know what to wear for ZUMBA? Check out Zumbashop.com.au

FaceBook If you haven't become a fan on our [Zumba facebook](#) page then please do! It's a little sparse at the moment but videos and photos plus all the Hot goss will be added soon.

SPAC - Helping your family to get active. If you would like to get extra supporting in getting your family active then please check out www.sportwellington.org.nz I met Rachel yesterday, who is the Active Families Advisor for Wellington, who is looking for more families to work with. If you think your family could be a good candidate then please contact Rachel on 389 0219.

BGI Kids Hip Hop Classes I run hip hop classes for children. If you are interested in knowing more about these classes then check out the attached document for more information.

See ya at the next party!