

# Fun Fitness with Tania

*I figure every business needs a logo – whaddaya think?*



*Does it look like me?*

**April, 2011**

Heelllloooooo!!!!

Here we are at April ALREADY!! OMG where does the time go? According to the calendar we should be able to wear shorts soon! Are YOU ready for summer?



Turbo Kick is coming...classes will begin June 15<sup>th</sup>!!! After all, we still need to get our sweat on during the summer so we can enjoy the delicious food and beverages with a little less guilt! There will be a class in Charleswood on Tuesday evenings (Westdale CC) and Transcona (Oxford Heights) on Wednesday evenings.

*NOT me..*



There will be a **FREE TRIAL CLASS** in each location followed by 9 classes for the introductory rate of \$80.00. So, if you attend the trial class, you actually get 10 classes for \$80! As this is a fairly new program to Winnipeg, these inaugural sessions will be by **registration only**. This is so that participants will be able to get a grasp of the program without starting from scratch every session. If a minimum of 10 participants is not reached, there will be no classes and I'll try again in the fall.



## PROMO FOR APRIL:

Don't own any Zumbawear? Wanna win some? Well, here's your chance! Every time you attend a class, fill out a ballot for a chance to win the fabulous Zumbawear pictured below. If you bring new friends, you get one extra ballot PER FRIEND you bring (as of April 1st)! Here's what you'll get:



This is kind of a special package – the cargo pants and “Feel the Music” t-shirts are **ONLY** available to ZIN (Zumba Instructors Network) members – so you could not just go to the website and order them for yourself! I know it’s a small picture, but you’ll see them – the tassels are back baby!!!! **And YES, since I have an attendance system, I can put in the names of those who have attended since April 1<sup>st</sup>!**

**TRANSCONA** (Mondays and Wednesdays at Oxford Heights - 359 Dowling Avenue E)

**Zumba Toning** (5:30) will continue and we will be starting to switch in some new songs! I have plenty of toning sticks of both sizes - 1.5 lbs and 2.5 lbs – for purchase as well for \$15.00 and \$20.00, respectively.

**Zumba** (6:30) is still on-going and we are doing some new stuff, with more on the way. There are some LOUD people in this class and I’m so lovin’ it – keep it up!!! It makes for a SUPER FUN class!

**\*\* no classes on April 25<sup>th</sup> \*\***

**Turbo Kick is coming in June** on Wednesdays at 7:15...although this may be shifted to 7:30 when I actually get a chance to experience the commute. This class will be by registration and not drop-in. You can come the first night (June 15) for a free demo if you are unsure, but if there are not 10 registered after that, classes will not start until September.

**CHARLESWOOD** (Tuesdays at Westdale Community Centre – 550 Dale Blvd)

**Turbo Kick is coming here in June as well!!!** Again, this class will be by registration and not drop-in. The free demo night is June 21<sup>st</sup>, and if there are not 10 registered after that, classes will not start until September. It would really be too bad because I was told they have a pretty decent stereo we could use and they have a small STAGE!!! If nothing else, the group could just take bets on how long it takes me to fall off and break something! There is also a ‘watering hole’ across the street...

**ST. JAMES** (Thursdays at Heritage Victoria Community Centre - 950 Sturgeon Road)

This class just keeps getting bigger and better!! Thank you all for being so LOUD!!! Please e-mail to let me know whether you would be interested in adding another Zumba class at 7:30 (so there would be a choice of a 6:30 or 7:30 class) or a Zumba Toning class.

**\*\* no class on April 21<sup>st</sup> \*\***

**ST. VITAL** (Fridays at Norberry Glenlee Community Centre – 26 Molgat Ave)

Alas, the last day for classes here will be April 29<sup>th</sup>. I am going in for surgery on May 6<sup>th</sup> and there just wasn't enough participation.

**\*\* no class on April 22<sup>nd</sup> \*\***

**WOLSLEY** (Saturdays at Robert A. Steen Community Centre – 980 Palmerston Ave)

These classes are picking up slowly but surely. Zumba is at 12:15 and Zumba Toning is at 1:30 until June 4<sup>th</sup>. The last day will be June 11<sup>th</sup> with an earlier start – 10:15. I think we'll take the summer off here. Just a reminder that there are **no classes on April 9<sup>th</sup>**, as I will be in Grand Forks for Turbo Kick training.

**\*\* no classes on April 9<sup>th</sup> or 23<sup>rd</sup> \*\***

### **IN OTHER NEWS....**

For those of you who do not already know, I will be having surgery on May 6<sup>th</sup> – nothing life threatening, not to worry – so I will be out of “hard-core” Zumba mode and will be assisting the lovely and talented Miss Robyne who will likely have me tied to a chair...

For those of you receiving your first newsletter or wondering if there is a class on a particular day, here is the link to my calendar: <https://sites.google.com/a/woodfield.ca/fun-fitness-with-tania/>. If you scroll down to the bottom, you will see '**Click Here**' for announcements and upcoming events. You can find class descriptions here and perhaps some other little tidbits of information as well! Feel free to e-mail me anytime at [fun.fitness.with.Tania@woodfield.ca](mailto:fun.fitness.with.Tania@woodfield.ca)