

Dance with

# Sheila

Bellydance & Fitness

## What's Found in our Bi-monthly Newsletter

Hi friends!

Thank you all from the bottom of my heart. This year would have looked a lot more bleak and destitute without your continued support. I'm so inspired to keep doing the work I do in this community and so grateful for the ways in which our dance family has stayed connected. I have officially added services as a portrait photographer and henna artist in 2020 and love that we have even more opportunities to create beauty, empowerment, fun and adventure together in these various formats.

Below you'll find the information regarding current virtual livestream offerings and our pre-recorded Zumba class, special events including Fall Photography with Sheila and our tradition of 80's Nights for Halloween, and our two remaining dates for socially distant outdoor classes in October. I hope to see you all soon!

-Sheila

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## Sheila's Photography and Henna Art

Now here's your chance to have photos done by [Shelovelife - Photography with Sheila](#) at the [October 2020 Mini-Session Day](#). The [ticket link](#) is live and we currently have only a few time slots available for the Mini-Session Day at Noblewood in Saline on Saturday, October 17th. For those of you who have attended our outdoor Zumba class on Sundays, you know how beautiful and picturesque this location is! To reserve an appointment, click through to the [Eventbrite link](#) to purchase a ticket. Select your desired time slot from the

available ticket options and complete the transaction online to confirm your reservation. Each mini-session will include 30 minutes of shooting time and ALL final images files from our session are included for only \$85.00



This year I made the decision to pursue work as a full-time multi-disciplinary artist in our community. If you are interested in my photography or henna body art services please follow me on social media to support these projects. Don't hesitate to reach out for safe and socially distant sessions if you'd like to have portraiture or body art done by me. I'd love to work with you all to create some beautiful art outside of dance!



Henna with Sheila



Photos with Sheila

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## Our 9th Year of 80's Zumba Nights

It's that time of year again...

**80's Zumba NIGHTS!**

**Sunday, October 25th**

6:00-7:00pm (FINAL  
in person outdoor class)

**Tuesday, October 27th**

5:30-6:30pm (online only)

**Wednesday, October 28th**

6:00-7:00pm (online only)



Join us for our final outdoor livestream or log in via Zoom...we're so excited to bring some fun and excitement into our weekly Zumba experience in 2020. Show some Zumba love and throw on some neon colors, leg warmers, or a sideways ponytail for class those days! 80s attire is not required, but encouraged. Even if you do not dress the part, please attend on those nights and enjoy a couple of fun retro Zumba numbers inserted into our regular playlist for this special Halloween tradition of ours.

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## Weekly Schedule and Outdoor Classes!

Many thanks to those of you who have been joining me this year for our live broadcast of virtual classes. I'm especially thankful for those of you who've made it out to participate in our Sunday evening outdoor Zumba classes. Being together has been so fun and energizing and we're bummed that we only have two opportunities left for our in person class but grateful to have had beautiful weather, plenty of fresh air and space for dancing with friends.





### Zumba with Sheila Virtual Livestream Class!

6:00pm Sundays, 5:30pm Tuesdays, 6:00pm Wednesdays

log in via Zoom Meeting ID/Passcode 517 303 3573

You can always find the information needed to tune in on the [Google class calendar](#) under the [Schedule page](#) of my website. Look for the calendar events titled "Dance with Sheila - live broadcast".

Classes are still donation-based to accommodate those of us who will be experiencing financial uncertainty during the current and future state of affairs. If you are able to contribute any funds via Venmo to @shelovelife we would be so grateful in your investment to keep our community going strong, otherwise please enjoy the classes free of charge. Download Zoom on your device and attend using [Meeting ID/Passcode](#): 517 303 3573

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## Strengthen and Stretch with Bellydance Fitness

If you're looking for new ways to be fit, or if find yourself at home feeling sore and tense from being sedentary these days, or if you've ever been curious about Middle Eastern Dance, our [Bellydance Fitness class](#) is a fun and exciting introduction to this dance form that you can drop in on at any time! In addition to the usual strength

building exercises we've added some deep stretches for addressing tightness in the neck and shoulders, lower back pain, and opening up your hip flexors. Let's get through the upcoming winter months staying healthy with movement together!

**Wednesdays through December 16th!**

7:00pm [Bellydance Fitness](#)

log in via Zoom Meeting ID/Passcode  
517 303 3573



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## Enjoy After Hours Classes via ZIN Studio



Zumba® home office launched a new platform for instructors to offer pre-recorded virtual classes online. This will allow access to a Zumba class with me during after hours on days of the week that I do not currently offer a livestream class. This means my class is now accessible to folks living in different time zones or those of you who are juggling different schedules and demands can do a

Zumba class with me whenever it's convenient for you.

Click on the button below to be directed to ZIN Studio™! to locate my upcoming classes (please note, you can click through the days listed at the top of the search results to filter by day). Click on the day and time be redirected to the payment page for access to pre-recorded class

[ZIN Studio™ Virtual Classes](#)

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Stay Connected!

To keep in touch check out my [Dance With Sheila](#) Instagram page, enjoy my [Sheila playlist](#) of the music I personally listen to outside of classes, and find our [past Zumba playlists on Youtube](#) or the most recent playlist for Zumba class on [Spotify](#) available for you when you need it.

-Sheila



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