

What's Found in our Bi-monthly Newsletter

Hi friends,

Wow! I'm overflowing with gratitude for some amazing weeks spent in Michigan closing out the summer and kicking off autumn with so many wonderful in-person dance, photography, and henna appointments. To celebrate my return to traveling our country and as a big thank you to this amazing community of ours, I'm offering FREE ACCESS FOR ALL to our virtual classes during my first week of the East Coast leg of my vanlife journey! You can find the details below regarding the September 26th to 29th Virtual Classes - FREE ACCESS WEEK, along with the usual information about our current weekly schedule and our ongoing referral program for gaining free access any time of year.

Did you know that the only people who get the privilege of knowing where I'm at in real time while I'm on the road is my dance family who log on for our virtual classes? For personal (overly cautious) safety reasons I don't post my location publicly until after I've departed, but my attendees get to see and hear about where I'm at each week! It's such a treat to have friends who I can tell exactly where I'm at in the world, talk about my travels with, and sometimes give a quick 360 video tour of my surroundings during our live broadcasts.

I love our virtual classes for so many reasons - being able to join class from anywhere, seeing folks who are no longer local, not having to worry about traffic/parking/inclement weather affecting your commute to and from class on any given day, having your family and pets join us in class...the list goes on! Getting to connect online with friends who attend regularly feels just as fulfilling as our in person connections, and same as when a long gone friend walked into the dance studio I get just as excited when I see folks join the virtual class who we haven't seen log on in some time. Come dance and share some smiles with us. Thanks for your continued support and hope to connect with you soon!

-Sheila

Virtual Classes - FREE ACCESS WEEK!

Traveling across our beautiful country and taking you all along has been such an amazing experience to share, please enjoy some gratitude for your support with a week of free classes on me. This is the opportunity for current attendees to feel appreciated, for previous participants to rejoin our dance parties, and for curious newcomers to check out our virtual fitness classes at no cost. These will be open to the public at no charge during my first week back on the road on Sunday, September 26th, Tuesday, September 28th, and on Wednesday, September 29th. So please drop in, check out our classes, invite friends, and benefit from some movement and smiles this week!

> Sunday, September 26th 6:00PM Zumba 7:00PM Bellydance Fitness

> Tuesday, September 28th 5:30PM Zumba 6:30PM Happy & Chill Hour

Wednesday, September 29th 6:00PM Zumba 7:00PM Bellydance Fitness

Class times are in Eastern. Visit the calendar section of the <u>shelovelife.com</u> website to find class descriptions and access links for joining our livestream broadcasts.





A big thank you for contributing to the success of our classes and supporting our dance community by helping spread the word. Dance is a place where people of all ages and all cultures can share emotion and communicate without the need for a single spoken word. That is a truly special experience and it's one that I hope we share with many people throughout our lifetimes.

Coming soon - Online Shop for Photography Gifts

Prints and puzzles of my travel photography available for purchase online and shipped directly to your home this upcoming holiday season!

During the first leg of my travels to the Southwest, West Coast, Pacific Northwest, and Rocky Mountain States I received a surprising amount of requests to purchase copies of my **personal images** from the various places I traveled to earlier this year. It's been completely heart-warming to hear that folks felt like they were on the journey right along with me because of my photography and would like to enjoy prints in their homes of the beautiful landscapes seen while I was on the road.

Keep an eye on my photography's <u>Instagram</u> or <u>Facebook</u> pages for the official announcement when products are for sale. Poster prints and canvas pieces will be available, along with puzzles...because I LOVE puzzles and I'm beyond thrilled to see my work on that medium for friends to enjoy!





Return of the On Demand Zumba® Fitness Class

Pre-recorded virtual classes allow access to a Zumba class with me during after hours on days of the week that we do not currently offer a scheduled livestream class. Great for folks living in international time zones or those of you who need to flexibility do a Zumba class with me whenever it's most convenient for you.

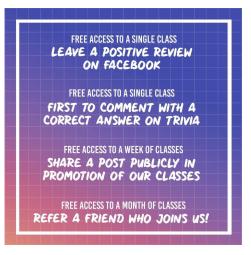
Click on the button below to be directed to ZIN Studio[™]! to locate my upcoming classes (you can click through the days listed at the top of the search results to filter by day). Click on the day and time be redirected to the payment page for access to the pre-recorded class.

On Demand Zumba® Fitness Class w/Sheila Zumba.dance daily virtual class schedule



Ongoing Free Access to Virtual Classes

We're continuing our free access rewards for folks who support our dance family by spreading the word about our virtual classes. For the remainder of 2021, attendees may gain free access to a single class of your choice by leaving a **positive review** on Facebook, get a free week for sharing a public social media post in promotion of our classes, and get a month free if a friend referral makes a purchase to join us.



Additionally, if you keep an eye on my <u>social media pages</u> for random trivia questions throughout the months and be the first to comment with a correct answer you can also win free access to a single class. Multiple giveaways may be awarded to any individual, please contact me directly upon completion to claim your reward. Thank you for staying engaged, contributing to the success of our classes, and supporting our dance community in this way!

Stay Connected!

To keep in touch check out my <u>Dance With Sheila</u> or <u>Photos with Sheila</u> Instagram page, find our <u>past Zumba playlists on Youtube</u>, or the most recent playlist for Zumba class is available on <u>Spotify</u> for you whenever you need it.

-Sheila



SHELOVELIFE | 12920 Oneida Avenue, Grand Ledge, MI 48837 5173033573

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