



What's Found in our Bi-monthly Newsletter

Hi friends!

Below you'll find the dates for upcoming holiday breaks in our class schedule, information about two fun events we have planned for you this summer, our new section titled **Spotlight!** where we interview and highlight one of your fellow dance friends (hint: it's Sam this month). Don't forget to review the **What's on Sale** section which features hugely discounted pricing for either bellydance or Zumba classes, and **Sheila and Sam's current Zumba playlist** is now linked at the very bottom of each newsletter.

Enjoy!

Register Now for Bellydance Classes

The 2017 May/June 6-week session of Bellydance classes will begin on May 7th! Bellydance classes are priced at \$55 for one class during a 6-week session, or \$80 if you participate in two classes during a 6-week session. Please [sign up online](#) by navigating to the first day of the class you wish to join and secure a spot since class size is limited. Bring payment by cash or check on the first day of class. You will need a yoga mat for Bellydance Fitness class.

Sundays

05/07/17 - 06/18/17

NO CLASSES 05/28/17

4:00pm Bellydance Choreography

5:00pm Bellydance Level II

7:00pm Bellydance Fitness

Tuesdays

05/09/17 - 06/13/17

6:30pm Bellydance Level I

Wednesdays

05/10/17 - 06/14/17

7:00pm Bellydance Fitness

Save the Date(s) - Summertime Fun Events

We're so excited about two dance events this summer that have been curated just for you, our beloved Phoenix Center Zumba and Bellydance students!

Save the date to attend our 2017 Summer Celebration. We invite all of you who make our classes a wonderful experience to bring your family and friends for a fun-filled appreciation party. We'll have food and drinks, henna tattoos, bellydance performances, and some family friendly Zumba demonstrations. We will also have door prizes for Zumba punch cards and bellydance classes. This is a fun way for us to spend some time together outside of class, meet your loved ones, and give people a glimpse of what happens when we dance together!

**Sunday, June 4th
12:00 pm - 2:30 pm**

Island Park

Island Dr, Ann Arbor, MI 48105
entertainment at 1:30 pm

Sheila and Sam are especially looking forward to a special event on Friday, June 9, 2017. We've been invited by the University of Michigan Museum of Art to host a **free Zumba class on the front steps of UMMA during a Fridays After 5 event!** Space is limited and registration is required.

UMMA Fridays After 5

Friday, June 9th

5:00 pm - 8:00 pm

Free Community Event

Zumba class starts at 6:00 pm

We'll share the **online registration links for both events on our [Facebook page](#) and in our June newsletter.** Please save the date(s), we can wait to celebrate and thank you for contributing to 5 years of joyful memories in dance together!

Spotlight!

Sam Lindenauer - Zumba Instructor, Project Coordinator, World Traveler, Artist, Tarheels Fan

1. Start with some of your personal background - where you grew up, went to school, and so on?

I grew up in the northeast in a couple different small suburbs of Boston, but I nev-ah developed that BAHston accent! I went to the University of North Carolina at Chapel Hill for a bachelor's degree in psychology (Go TARHEELS!) and U of M for a masters degree in social work. I came to Ann Arbor in part because I have strong family ties here - my parents grew up here and all 4 of my grandparents still live here.

2. Please describe your normal daily and weekly schedule? Are you a student? Do you work full time? What are your hobbies or interests? What do you like to do in your spare time?

I work for the Veterans hospital in Ann Arbor as a mental health research project coordinator. I'm also working towards completing the requirements to be a fully licensed therapist. In my spare time - other than Zumba - I'm trying to learn French and get into Yoga. I don't have much time for it these days, but I love doing crafts of all kinds including knitting, pottery, jewelry making, photography, glass art etc. In my future dream home I'd wish for a ceramics studio complete with kiln and wheel.

3. When did you start dance/group fitness classes?

What styles/programs have you participated in?

I have almost no dance experience prior to Zumba, unless you count a few years of toddler/childhood ballet and some corny school dances. I didn't fully discover my love of dance until my mom brought me to a Nia class while I was in college. My mom was the first to try all the dance classes I ended up taking and loving as an adult, including Zumba, Bellydance, and Hip Hop.

4. What made you decide to pursue Zumba, and what made you decide that you want to be an instructor?

Zumba was always my happy place from the moment I took my first class. In addition to being fun and healthy, for me, Zumba takes enough focus and concentration that there's no room left in my mind for worry or stress. What could be better than spending an hour with a group of awesome people all engaged in joyful movement, away from the stresses of everyday life? But it took a lot of encouragement from Sheila to help me gain the confidence to become an instructor. I'm so grateful for that encouragement, because teaching gives me the opportunity to share my love of dance!



Sam doing pottery in Spain - Summer 2016

5. What are some of your life goals for the next year? 5 years? 10 years?

In the next 5 years I hope to earn my full social work license, and think about working in private practice as a therapist. I've caught the travel bug recently and wouldn't pass up an opportunity to visit many other countries. I love exploring other cultures, history, art and architecture, and food!

What's On Sale?

Dance is more fun with friends! Do you have a friend you'd like to join in on our fun-filled classes? If you refer a new student to either Zumba or Bellydance class from 4/11/17 through 05/21/17, **you will both receive \$20 OFF your punchcard or class registration fees.** This makes the discounted pricing for yourself and your friend only \$20 for a 6-class punchcard, \$40 for a 12-class punchcard, or \$35 for bellydance class!

Upcoming Holidays = NO CLASSES

Attention Zumba-goers at The Phoenix Center - Class runs continually but we do not meet around holidays. **There will be NO CLASS on April 16, 2017 (Easter Sunday) or May 25 through May 29, 2017 (Memorial Day Weekend).** Our website includes a [live calendar under the Schedule page](#). It's the most reliable way to track our weekly class schedule. The calendar will always indicate when there are NO CLASSES.

New to Class? Class Policies and FAQs

We're so happy to have you dancing with us! You probably received some information verbally when you checked in for your first class, but if you ever need to review it again you can find our class policies, pricing, and answers to your frequently asked questions via the links below:

[Class Pricing & Policies](#)
[Frequently Asked Questions](#)

If you ever need to contact someone, both Sam and Sheila reply to messages via the [Leilah Dances Facebook Page](#) or LeilahDances@gmail.com. We recommend these methods over phone calls since both instructors work full time jobs when they're not leading our classes.

Current Zumba Class Playlists

Check out [Sam's current Zumba playlist](#) and [Sheila's current Zumba playlist](#)

Dance with you soon!



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