



What's Found in our Bi-monthly Newsletter

Hi friends!

Below you'll find the dates for upcoming holiday breaks in our class schedule and registration information for **the 5th Annual Zumbathon at the Capitol**. We are also excited to announce the addition of two new class offerings to our weekly schedule. Check out **Spotlight!** where we interview and highlight one of your fellow dance friends and don't forget to review the **What's on Sale** section which features discounted pricing for either bellydance or Zumba classes. Links to **Sheila and Sam's current Zumba playlist** can be found at the very bottom of each newsletter.

Enjoy!

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 August 31 through September 4, 2017 (Labor 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.

Register Now for Bellydance Classes

The 2017 September/October 6-week session of Bellydance classes will begin on September 10th! 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

09/10/17 - 10/15/17

4:00pm Bellydance Choreography

5:00pm Bellydance Level II

7:00pm Bellydance Fitness

Tuesdays

09/12/17 - 10/17/17

6:30pm Bellydance Level I

Wednesdays

09/13/17 - 10/18/17
7:00pm Bellydance Fitness

NEW weekly dance offerings and a FREE trial class!

We are so pleased to announce the addition of two new weekly class offerings - Zumba with Radha on Saturdays at 11am and Irish Dance with Elise on Wednesdays at 8pm! As is tradition when adding a new offering to the schedule, we'll offer a FREE demo class for curious dancers to check it out at no cost. These will be **open to the public at no charge for Zumba with Radha on Saturday, September 9th and Irish Dance with Elise on Wednesday, September 13th**. So please drop in, check out these fun classes, bring friends, and decide if you'd like to sign up after enjoying the FREE demo!

Saturday, September 9th
11:00 am Zumba with Radha
FREE Demo Class!

Wednesday, September 13th
8:00 pm Irish Dance with Elise
FREE Demo Class!

After these FREE demo classes, Zumba with Radha will utilize our existing Zumba punchcard pricing model. Irish Dance with Elise will be priced at \$55 for 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.

5th Annual Zumbathon at the Capitol



It's time to join fellow Phoenix Center Zumba-goers on Saturday, August 26th in Lansing at the State Capitol from 4:30pm-6pm to raise money for the Firecracker Foundation. **Sheila is one of four lead instructors on stage for the 5th Annual Zumbathon at the Capitol and you will be among over 100 participants dancing for a great cause that day!** Early bird rate is \$15 if you register online or \$20 the day of the event. Join our team the Ann Arbor Hip Stars, and participate in discussions on our facebook event page regarding team colors, carpooling, dinner plans, etc. It's always a fun day and a great experience to dance with classmates on the Capitol Lawn. Hope you can join the Ann Arbor Hip Stars this year!

Zumbathon links:

[Ann Arbor Hip Stars facebook event page](#)
[Registration page for 5th Annual Zumbathon at the Capitol](#)

If you are unable to join us for the event, please consider donating to the cause. You may donate directly to our fundraising effort through the registration website, or Sam and Sheila will be collecting donations in class.

Spotlight!

Elise Gregory - Irish Dance Instructor, Karma Belly Dancer, Operations Support Engineer

1. Could you start with some of your personal background - where you grew up, went to school, and so on? *I live in Plymouth and work there as well. I work for a startup company that got acquired a few months ago, and we grow algae by the ton. Our algae makes beta glucan, which stimulates immune systems, so we sell it as a supplement for farm animals, as well as human applications. I've now got business cards that say "Operations Support Engineer" (business cards are a perk of being part of a 'real' company). Before I worked here I went to U of M for chemical engineering, and I grew up in West Bloomfield.*

2. When did you start dance classes? What styles/programs have you participated in? *I've tried quite a few dance styles by now and I would love to keep adding to the list. I grew up doing ballet and tap. In college I joined the marvelous Leim Irish Dance club, where I learned Irish dance. It was an amazing group of people, both in terms of friendships and also the performances we were able to pull off. I do belly dance currently and am in the Karma Troupe with Sheila and five other lovely ladies. Oh and one more thing - I did aerial arts for about five years after college. That includes silks, static trapeze, and lyra, the kind of stuff you see on Cirque du Soleil. It's not exactly dance, but it is performance art.*

3. What made you decide that you want to be an instructor? *I've been teaching Irish Dance through Ann Arbor Rec and Ed for a while now. The instructor before me was a friend of mine, and when she left the state for grad school she knew the students would be in good hands with me. I knew her from Leim Irish Dance, and in fact the Rec and Ed class has had a string of at least five different instructors, all members of Leim.*

4. What is your biggest motivation as a dancer? What is your biggest challenge as a dancer? *I love dancing and I love the technical challenge of getting your body to do wonderful things. Getting all the steps right comes more easily to me as an engineering type, but with dance the part about feeling the music and expressing emotion and personality are just as important. I think that working on dance forces you to be well rounded - to work on both the emotional and the structural, to work on tiny details and also the big picture. It's a workout for your brain and your body at the same time.*

5. What are your hobbies or interests? *I basically love to dabble in all things creative. Right now I'm slowly embarking on making a green belly dance costume to wear in Karma, wish me luck!*



We're so excited for the new weekly class - Irish Dance with Elise!

What's On Sale?

The previous promotional sale was so popular we've decided to repeat one more time!

Are you a beginner bellydancer looking to strengthen your movement? Are you a Zumba-goer looking for a better understanding of muscle control and isolations? **Let's pair a dance and fitness regimen to get you there with a buy one get one free offer!** Sign up for the September/October Beginner Bellydance Technique class and choose to receive free registration for either the Sunday or Wednesday evening Bellydance Fitness class OR a free 6-class Zumba punchcard.

**Valid for the 09/12/17 - 10/17/17 6:30pm Bellydance Level I class only. Individuals must indicate*

if the would like to receive the free 6-class Zumba punchcard with an expiration date of 12/12/17 or would like to reserve one spot for your choice of either the Sunday or Wednesday Bellydance Fitness during the September/October session. This promotion cannot be split between two participants.

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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