

Dance with

Sheila

Bellydance & Fitness

What's Found in our Bi-monthly Newsletter

Hi friends!

Take a look at the announcement of a couple of fun upcoming special events we're hosting for you all! Also listed below are the dates for the Mar/Apr Bellydance session along with pertinent class information such as our inclement weather policy and customer loyalty program details. Finally, for your enjoyment I've updated [our current Zumba playlist](#) so our music is available to you outside of class!

-Sheila

Galentine's Day with Shelley and Sheila

"What's Galentine's Day? Oh it's only the best day of the year. Every February 13th, my lady friends and I leave our husbands and our boyfriends at home, and we just come and kick it, breakfast-style. Ladies celebrating ladies. It's like Lilith Fair, minus the angst. Plus frittatas." -Leslie Knope

We won't have frittatas, but we will have margaritas, tacos, great music, hot dance moves, and lots of fun giveaways and surprises for our lady friends.



Join Shelley Catalan and Sheila May on the dance floor while Dave Menzo spins some hot tunes beginning 9pm at [Cantina](#). We promise to make this February 13th your best [Galentine's Day](#). yet!

Cantina
[Latin Wednesdays](#) 9:00 pm

1140 S University Ave
Ann Arbor, Michigan

FREE Demo Classes!

We're offering two FREE demo classes for curious dancers to check out our Bellydance Fitness class at no cost. These will be ***open to the public at no charge on Sunday, March 3rd and on Wednesday, March 6th.*** So please drop in, check out this fun class, bring friends, and decide if you'd like to sign up after enjoying the FREE demo!



Sunday, March 3, 2019
AND
Wednesday, March 6, 2019

The Phoenix Center
7:00pm Bellydance Fitness
FREE Demo Class!

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. Please note, any scheduled class not meeting the minimum 6 registered attendees as of March 8th will be canceled for the session.

Register Now for Bellydance Classes

The 2019 Mar/Apr 6-week session of Bellydance classes will begin on Mar 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. Please note, any scheduled class not meeting the minimum 6 registered attendees as of March 8th will be canceled for the session.

Sundays

03/10/19 - 04/14/19

4:00pm Bellydance Choreography

5:00pm Bellydance Level II

7:00pm Bellydance Fitness

Tuesdays

03/12/19 - 04/16/19
6:30pm Bellydance Level I

Wednesdays
03/13/19 - 04/17/19
7:00pm Bellydance Fitness

Beginner Bellydance Level I technique is a fun and exciting introduction to bellydance! With this class, participants will learn traditional/ethnic to modern cabaret and "fusion" styles. No previous dance training is required!

Bellydance fitness is a fun conditioning class that utilizes the movement of middle eastern dance to target the core, upper arms, and upper legs. It is a medium intensity workout focusing on strength and toning through bellydance. The program is a follow-the-leader form of movement, without too much emphasis on mastering the dance form. The class playlist is repeated each class for 6 weeks so that each participant can measure progress against their own best self.

Weekly Schedule and Class Cancellations

Attention Zumba-goers at The Phoenix Center - Class runs continually but we do not meet around holidays. Our website includes a live [Google class 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.

With winter comes inclement weather and cold & flu season. This is a good reminder to utilize our online reservation system whenever possible. ***If a class is canceled due to instructor illness or inclement weather, you will receive an email notification since you have pre-registered online for the class.*** If you are someone who regularly drops in without pre-registering...you will NOT receive any notice and should be checking the [Google class calendar](#) and/or [Facebook page](#) for any possible cancellations before attending each class.

Class Policy for inclement weather: Classes may be canceled whenever the Ann Arbor Public Schools are closed due to inclement weather. When the heat index is high, class may be canceled for that day. Class may be canceled when there is a severe weather or tornado WATCH/WARNING.

This is a policy we ask that you follow all year round, but it especially important during the winter months; ***Please remember to carry your workout shoes with you to class. It's important to protect the floor and ourselves by not tracking in dirt, gravel, rain, snow, or salt from the streets below.***

Customer Loyalty Program

For those of you who are die-hard with your weekly class attendance, we're so excited to remind you of our on-going **Customer Loyalty Program!** For every 24 classes any individual completes, you will receive \$20 off your next purchase.

**Customers are responsible for obtaining their completed Zumba punch cards or proof of Bellydance class attendance. Completed Zumba classes must have occurred on a punch card with a 2018 expiration date (no retroactive dates) or bellydance class completion occurring in 2018. May combine class types for \$20 off your next purchase. Proof of 24 class completion must be surrendered at time of purchase.*

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 [Dance with Sheila 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.



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