



Arthur Murray Sterling Heights

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Mon-Fri: 1:00-10:00 pm, Sat: 10:00 am - 2:00 pm



March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spring Fling Spotlight & Medal Ball Sunday May 5 th 1pm - 5pm Only \$20 per guest		March Madness is here! March 4 th - 30 th Come In & Pull a shamrock!		1. Samba 7:45pm Foundation Int. Tech./Assoc. Bronze	2. CLOSED FOR STAFF TRAINING
4. Swing 7:45pm Bronze I & Full Bronze Full Silver 8:30pm Bronze II & Assoc. Silver	5. Cha-Cha 7:45pm Bronze III & Foundation 8:30pm Bronze IV & Assoc. Bronze	6. Foxtrot 1:45pm All Bronze 6:15pm Kids/Juniors 7:45pm Foundation Full Bronze 8:30pm Assoc. Bronze & Associate Silver	7. ARGENTINE TANGO 7:45pm Bronze Variations Foundation JOIN US FOR PARTY ON FRIDAY THIS WEEK!	8. Rumba RHYTHM 7:45pm Foundation Int. Tech./Assoc. Bronze 8:30pm-10pm BIRTHDAY PARTY	
11. Merengue 7:45pm Bronze I & Full Bronze Gold (Bolero) 8:30pm Bronze II & Assoc. Silver (Bolero)	12. Tango 7:45pm Bronze III & Foundation 8:30pm Bronze IV & Assoc. Bronze	13. Mambo 1:45pm All Bronze 6:15pm Kids/Juniors 7:45pm Foundation Full Bronze 8:30pm Assoc. Bronze & Associate Silver	14. SALSA 7:45pm Bronze Variations Foundation 8:30pm-10pm St. Patrick' Day PRACTICE PARTY Wear Green!	15. Waltz 7:45pm Foundation Int. Tech./Assoc. Bronze	16. Samba Variations 10:00am Core Basics 10:30am Core Rhythms 11:30am Bronze Technique 12:15pm Foundation 1:00pm Youth
18. Hustle 7:45pm Bronze I & Full Bronze Full Silver (V. Waltz) 8:30pm Bronze II & Assoc. Silver (V. Waltz)	19. Swing 7:45pm Bronze III & Foundation 8:30pm Bronze IV & Assoc. Bronze	20. Cha-Cha 1:45pm All Bronze 6:15pm Kids/Juniors 7:45pm Foundation Full Bronze 8:30pm Assoc. Bronze & Associate Silver	21. COUNTRY WALTZ 7:45pm Bronze Variations Foundation 8:30pm-10pm PRACTICE PARTY	22. Foxtrot SMOOTH 7:45pm Foundation Int. Tech./Assoc. Bronze 7:45-9:15pm Advanced Technique	23. Rumba Variations 10:00am Core Basics 10:30am Core Rhythms 11:30am Bronze Technique 12:15pm Foundation 1:00pm Youth
25. Samba 7:45pm Bronze I & Full Bronze Gold 8:30pm Bronze II & Assoc. Silver	26. Merengue 7:45pm Bronze III & Foundation 8:30pm Bronze IV & Assoc. Bronze	27. Tango 1:45pm All Bronze 6:15pm Kids/Juniors 7:45pm Foundation Full Bronze 8:30pm Assoc. Bronze & Associate Silver	28. Lindy 7:45pm Bronze Variations Foundation JOIN US FOR THE PREVIEW PARTY TOMORROW!	29. Stepping Out with Stars Preview Party Doors open at 7:30pm Party Begins 8pm ONLY \$15 per person	30. Waltz Variations 10:00am Core Basics 10:30am Core Rhythms 11:30am Bronze Technique 12:15pm Foundation 1:00pm Youth

MARCH DANCE TIP

Relax

Your body will dance its best in a relaxed state. Take a few deep breaths and clear your mind. Teach yourself to unwind to the music.



Dancing with The Stars

Benefitting Faith in Action of Oakland County

March 9th, 2019

San Marino Club in Troy

Honoring First Responders and Armed Forces

“Every day brings a chance for you to draw in a breath, kick off your shoes, and dance.”

- Oprah Winfrey