



# Arthur Murray Sterling Heights

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



# July 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1. Mambo</b> 7:45pm Bronze I & Full Bronze <b>Gold</b> 8:30pm Bronze II & Assoc. Silver	<b>2. Waltz</b> 7:45pm <b>ALL BRONZE</b> <b>Foundation</b>  <b>8:30pm-10pm</b> <b>BIRTHDAY PARTY</b>	<b>3. Samba</b> 1:45pm All Bronze 6:15pm Kids/Juniors 7:45pm <b>Foundation</b> Full Bronze 8:30pm Assoc. Bronze & Associate Silver	<b>4. CLOSED</b> <b>4<sup>th</sup> of July</b>  Party on Tuesday	<b>5. DANCE MAGIC</b> 7:45pm <b>ALL LEVELS</b> 8:30pm <b>FORMATION</b> Don't forget Core Rhythms tomorrow!	<b>6. Tango Variations</b> 10:00am Core Basics 10:30am Core Rhythms 11:30am Bronze Technique 12:15pm <b>Foundation</b> 1:00pm Youth
<b>8. Cha-Cha</b> 7:45pm Bronze I & Full Bronze Full Silver 8:30pm Bronze II & Assoc. Silver	<b>9. Foxtrot</b> 7:45pm <b>Bronze 2 &amp; 3</b> <b>Foundation</b> 8:30pm Bronze IV & Bronze 1	<b>10. Rumba</b> 1:45pm All Bronze 6:15pm Kids/Juniors 7:45pm <b>Foundation</b> Full Bronze 8:30pm Assoc. Bronze & Associate Silver	<b>11. SALSA</b> 7:45pm <b>FORMATION</b> <b>Foundation</b> 8:30pm-10pm <b>PRACTICE PARTY</b>	<b>12. Hustle</b> 7:45pm <b>Foundation</b> Intermediate Technique 7:45pm - 9:15pm RHYTHM Advanced Technique	<b>13. Swing Variations</b> 10:00am Core Basics 10:30am Core Rhythms 11:30am Bronze Technique 12:15pm <b>Foundation</b> 1:00pm Youth
<b>15. Tango</b> 7:45pm Bronze I & Full Bronze <b>Gold</b> 8:30pm Bronze II & Assoc. Silver	<b>16. Mambo</b> 7:45pm <b>Bronze 2 &amp; 3</b> <b>Foundation</b> 8:30pm Bronze IV & Bronze 1	<b>17. Waltz</b> 1:45pm All Bronze 6:15pm Kids/Juniors 7:45pm <b>Foundation</b> Full Bronze 8:30pm Assoc. Bronze & Associate Silver	<b>18. NIGHT CLUB SLOW</b> 7:45pm <b>FORMATION</b> <b>Foundation</b> 8:30pm-10pm <b>PRACTICE PARTY</b>	<b>19. Father / Daughter Mother / Son Dance</b> Open to Everyone Special Group @ 7pm Dance @ 7:30pm - 9pm	<b>20. Merengue Variations</b> 10:00am Core Basics 10:30am Core Rhythms 11:30am Bronze Technique 12:15pm <b>Foundation</b> 1:00pm Youth
<b>22. Swing</b> 7:45pm Bronze I & Full Bronze Full Silver 8:30pm Bronze II & Assoc. Silver	<b>23. Cha-Cha</b> 7:45pm <b>Bronze 2 &amp; 3</b> <b>Foundation</b> 8:30pm Bronze IV & Bronze 1	<b>24. Foxtrot</b> 1:45pm All Bronze 6:15pm Kids/Juniors 7:45pm <b>Foundation</b> Full Bronze 8:30pm Assoc. Bronze & Associate Silver	<b>25. TANGO</b> 7:45pm <b>FORMATION</b> <b>Foundation</b> <b>8:30pm GUEST NIGHT</b> <b>OPEN DANCE PARTY</b> For Everyone <b>ONLY \$10 per guest</b>	<b>26. Rumba</b> 7:45pm <b>Foundation</b> Intermediate Technique 7:45pm - 9:15pm <b>SMOOTH</b> Advanced Technique	<b>27. Hustle Variations</b> 10:00am Core Basics 10:30am Core Rhythms 11:30am Bronze Technique 12:15pm <b>Foundation</b> 1:00pm Youth
<b>29. Merengue</b> 7:45pm Bronze I & Full Bronze <b>Gold (Bolero)</b> 8:30pm Bronze II & Assoc. Silver (Bolero)	<b>30. Tango</b> 7:45pm <b>Bronze 2 &amp; 3</b> <b>Foundation</b> 8:30pm Bronze IV & Bronze 1	<b>31. Mambo</b> 1:45pm All Bronze 6:15pm Kids/Juniors 7:45pm <b>Foundation</b> Full Bronze 8:30pm Assoc. Bronze & Associate Silver	<b>Friday July 19<sup>th</sup></b> <b>7pm - 9pm</b> <b>ONLY \$10 per guest.</b> <b>Sign-Up In-Studio TODAY!</b> <b>Father &amp; Mother Daughter &amp; Son Dance</b> 		

## JULY DANCE TIP

### Feed your Sole

Eat things that are healthy for you. Fruits and vegetable are ideal for before you dance. If you're having dinner before a lesson, consider salad or something low-cal.



## Summer Showcase – Movie Musicals

Sunday August 11<sup>th</sup> @ The Dearborn Inn  
 12n- 8pm (Tentatively) w/Mike DeSante  
**Please sign-up in studio TODAY!**

"Daily dance uplifts the soul to spiritual realms."

-Lailah Gifty Akita