

# FEBRUARY



4317 Abbotts Bridge Rd. Suite 2 ♦ Duluth, GA 30097 ♦ 678.417.7555 ♦ www.myballroomdanceclub.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Private Lessons Available Monday-Friday!</b></p> <hr/> <p>Mornings: 9am-12pm Afternoons: 2:15-4:30pm Evenings: 5:30-10pm</p> <hr/> <p>Call 678.417.7555 to schedule your lessons!!!</p>			1	2	3 12:00 Zumba 7:45 Bronze 8:30 Practice Party	4 Saturday 8pm Soiree Duluth Studio
		7 7:00 Beginner & Foundation	8	9 Danielle Wilson Coaching Today! 8:30 Newcomers 9:15 Love & Dance	10 12:00 Zumba 7:45 Bronze 8:30 Practice Party	11
12	13 9:15 Valentine's Patron Party Atlanta Studio	14  Happy Valentine's Day from BDC! 7:00 Beginner & Foundation	15	16 8:30 Newcomers 9:15 Love Hang-over Open House	17 12:00 Zumba 7:45 Bronze 8:30 Practice Party	18
19	20	21 7:00 Beginner & Foundation	22 7:45 Bronze 8:30 Practice Party	23	24 12:00 Zumba	25
26	27	28 7:00 Beginner & Foundation	29	<p><b>Best Wishes to our BDC participants at Heritage Classic</b> Grove Park Inn • Asheville, NC • Feb 28-Mar 4 Dan Asher &amp; Kathleen Lindley, Chandra Carty, Phil Koch, &amp; Jessie Wallace</p>		



## New Year's Ballroom Dance Resolutions

It's traditional to make New Year's Resolutions at the beginning of a new year in hopes to reform a bad habit or meet a personal goal. Unfortunately, it's also very traditional to forget about those lofty New Year's Resolutions shortly after making them. This could be a consequence of laziness, but at Ballroom Dance Clubs of Atlanta, we think people just aren't making the right resolutions. Instead of making them fun and obtainable, we tend to make goals that set us up for failure. This year, we suggest doing things a little differently.

Instead of buying a gym membership you'll only use twice, why not spend your money on something you'll actually use, like ballroom dance packages and gift certificates from Ballroom Dance Clubs of Atlanta?

### **Why resolve to dance?**

There are endless benefits of ballroom dancing, both physical and emotional. You may have a weight loss goal for the New Year—ballroom dancing is a great way to boost confidence and get active the fun way. Maybe you work too hard. Ballroom dancing helps relieve stress. Plus, attending our practice parties and group classes are great ways to build confidence and get to know new people. Plus, dance lessons from Ballroom Dance Clubs won't go to waste since we offer two convenient Atlanta area locations (Atlanta and Duluth) and plenty of monthly events for students to attend.

To learn more about Ballroom Dance Clubs of Atlanta, visit our website. Be sure to connect with us on Facebook and Twitter for the latest ballroom news and dance event updates.



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Status updates, tweets, videos & more! Find links on our website, [myballroomdanceclub.com](http://myballroomdanceclub.com)

## Thank you

To our top Guest Getters in December:  
*Allen & Effie Delores*

And thank you to ALL our students who brought guests in December!

*A Qualified Guest is someone who either takes both private lessons of the guest special, is at least 30 years of age, and lives within 50 miles of the studio; or enrolls on our beginners course. Couples count as one guest.*

## Upcoming Events

**February 4**  
Saturday Soirée  
*BDC Duluth*

**February 4-6**  
Spring Fling  
*Tampa, FL*

**February 13**  
Patron Party  
*Atlanta Studio*

**February 28-March 4**  
Heritage Classic  
*Asheville, NC*

**March 21-25**  
San Francisco Open  
*San Francisco*

