



August 2018

Dance Centre Studios
Cross Country Plaza
Columbus, GA
706-563-7700

<http://dancecentrebhallroom.com>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>For God so loved the world that He gave His only begotten Son, that whosoever believes in Him shall not perish, but have eternal life.</i> <i>John 3:16</i></p>			<p>1</p> <p>8:30 PM Bronze Swing</p>	<p>2</p> 	<p>3</p> <p>8:30 PM Variety Workshop</p>	<p>4</p> <p>Smiling covers a multitude of mistakes on the dance floor.</p>
<p>5</p> <p><i>"Everything got started in God and finds its purpose in God."</i> <i>Colossians 1:16b</i></p>	<p>6</p> <p>8:30 PM New Student Workshop</p>	<p>7</p> 	<p>8</p> <p>8:30 PM Bronze Hustle</p>	<p>9</p>	<p>10</p> <p>8:30 PM Variety Workshop</p>	<p>11</p> <p>The waltz teaches poise, control, balance and grace.</p>
<p>12</p>	<p>13</p> <p>8:30 PM New Student Workshop</p>	<p>14</p> <p>Dancing combines rhythmic, musical, emotional, and cognitive brain functions enhancing the brain's alertness.</p>	<p>15</p> <p>8:30 PM Bronze Waltz</p>	<p>16</p> 	<p>17</p> <p>8:30 PM Variety Workshop</p>	<p>18</p> <p>As a social activity, ballroom dance builds social confidence; and therefore, a better outlook on life.</p>
<p>19</p> <p><i>"God has planted eternity in the human heart."</i> <i>Ecclesiastes 3:11</i></p>	<p>20</p> <p>8:30 PM New Student Workshop</p>	<p>21</p>	<p>22</p> <p>8:30 PM Bronze Jitterbug</p>	<p>23</p> <p>Nothing would be done at all if we waited until we could do it so well that no one could find fault with it. Cardinal Newman</p>	<p>24</p> <p>8:30 PM Variety Workshop</p>	<p>25</p> 
<p>26</p> 	<p>27</p> <p>8:30 PM New Student Workshop</p>	<p>28</p> <p>Both partners should maintain firm wrist, elbow, & shoulder tension for side-ways, forwards, and backwards movement.</p>	<p>29</p> <p>8:30 PM Bronze Foxtrot</p>	<p>30</p> 	<p>31</p> <p>8:30 PM Variety Workshop</p>	<p>Dancing improves posture, stamina, and ease of movement.</p>