

2010 New Year's Newsletter!

2009 in Review!

It was a great year at the Saint Paul Arthur Murray! Here is some fun trivia for you...

We went through:

- 460 boxes of Altoids
- 35 pounds of coffee
- 6,550 Post-it Notes
- 4000 coffee stir sticks
- 42 bottles of White Out
- 25 pounds of sugar
- 1100 gallons of drinking water

We're looking forward to a great 2010, it's sure to be filled with dancing!

2010 KICK OFF PARTY!

For those of you who aren't done celebrating after the 1st, join us for a New Year's party on Thursday, January 7th, right here at the studio! We'll have refreshments, noise makers, and lots of fun! The party starts at 9:00!



Work off those holiday cookies!

Did you know that ballroom dancing is one of the best forms of exercise? According to an article on iVillage, a 140-pound person can burn an average of 349 calories in an hour of fast, social dancing, and 191 calories in slower styles. Swing, salsa, and cha cha are great choices for fast dances, but you may find that slower dances such as waltz, tango, and foxtrot allow you to dance for longer without stopping.

Not only does ballroom dancing work your leg muscles, but it also works your core and upper body by focusing on correct posture and frame. Learning spins and turns develops balance in a way that you won't find elsewhere, and the level of focus it takes to recall patterns, consider your partner, and navigate a busy floor develops sharp coordination skills.

So if you feel like you had one too many treats over the holiday season, come and tone up your muscles with us!

Baby it's Cold Outside!

Come warm up at Arthur Murray! We will be having fantastic parties all through the month of January, filled with all the usual fun, plus some **Student Appreciation Month** extras! Don't miss a minute of it!

Dancing in 2010!

Medal Ball	Jan. 28	Valentine's Party	Feb. 11
Super Saturday	March 20	San Francisco Dance-O-Rama	April 22—25
Spring Dance	May 16	Summer Showcase	June 6
Summer Medal Ball	July 29	NorthStar Dance-O-Rama	Aug. 26—29
Super Saturday	Sept. 18	Winter Showcase	Dec. 5

Thanksgiving Party Stories!

By request, we are printing a copy of all of our Thanksgiving party stories. Each group had to use the words *thankful*, *waddle*, *adventure*, *Tom*, *Macy's*, *disaster*, *football*, and *asleep* in a Thanksgiving story to share after dinner. Here are the stories that were written!

Dear Mr. Principal Roy, Sir,
I want to tell you about a wonderful adventure I had over Thanksgiving break. I went to my Uncle Tom Waddle's house—his cabin in the woods! It was a disaster. It had no plumbing—it was a disaster. It turns out he was asleep and the bears ate all the food. So we had no bathroom and no turkey. We are so thankful that he lived next to his neighbors, the Macys. They had a bathroom and **really soft** toilet paper. I think you're cute even though your head is shaped like a football. Do you like me too? Check yes or no.

Yes
 No

Love,
Alyssa

Tom waddled behind the Macy's Thanksgiving Day Parade float that was pulled by four horses. One horse crapped the size of a football and the smell almost put him asleep. He sidestepped disaster and was thankful.

We are thankful for being a part of this Arthur Murray Thanksgiving. After enjoying this wonderful feast today, we will all waddle our way onto the dance floor. Poor rita ate so much that she got stuck in the door. Chris exclaimed, "Disaster!" It darn near killed her. Tom Turkey, all dressed up for the Macy's Thanksgiving Day Parade, strutted past the dancers all ready for an adventure. "What on earth were we thinking?" said Mel and Irene in unison. "We're missing our annual touch football game!" Lovely meal, so we'll all be asleep soon!

Tom waddled down the road looking for an adventure! He squawked with joy when he saw a flying squirrel. He took it to Macy's and made the squirrel into a football. Disaster struck when the squirrel, now a football, landed on the back of a dog. The squirrel was thankful the dog was asleep.

It was a dark and cold night at Arthur Murray's on the Tuesday before Thanksgiving. Everyone was thankful for the wonderful food that was provided, especially Tom. All was going well before in waddled Shane from his disastrous football adventure on his motorcycle. Rachel shopped too long at Macy's, fell asleep in the shoe department, and missed the whole thing.