



## Journey Performing Arts Center Newsletter

"It Begins With A Single Step..."

January 26-February 9, 2009

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### STRIKE GOLD WITH JOURNEY



Need CASH for that special Valentine's Day gift? Or maybe just to pay BILLS? Get money for whatever reason while helping a good cause! Sell the old gold jewelry collecting dust in your jewelry boxes or junk drawers at Journey's first

Dear Samara,

Things are heating up at Journey! Read on to find out what's hot...

### NEW Adult Classes 3 More Ways to Get Fit



Journey is pleased to offer a number of new Adult classes this semester. Come check out the different ways you can get in shape, enjoy a great workout and have a blast at the same time!

**Adult Stretch and Tech:** This class is for beginners and anyone who wants to gain flexibility and improve their dance technique. Lengthen, strengthen and tone with abdominal and arm muscle stimulation, technique training and 35 full minutes of deep muscle and tissue stretch. You'll gain grace, poise and improved posture with this class! Mondays 5:30-6:30

Gold Party. It will be held February 15 at Burks Jewelry Store in East Atlanta. A portion of the proceeds will benefit the scholarship funds for students at Holmes and Heritage Elementary as well as Imagine Wesley International Academy to name a few. Save the Date and stay tuned for more details.... Make money supporting a worthy cause!

### We Need You!



We Need You!  
Don't forget two simple ways to give!  
Use [www.goodsearch.com](http://www.goodsearch.com) for all your Internet searches and Journey gets a donation for each one!

You can also go to our [Supporters](#) page to give \$5, \$10 or more. Every little bit is needed--and helps!

### Quick Links...

[Our Website](#)  
[More About Us](#)

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**Chicago Steppin':** Steppin' is an intimate style of dance popular throughout Chicago's African American community. It consists of two people dancing as partners in synchronization to a 6 or 8 count beat and is done to Jazz, Soul, Funk, R&B, Neo-Soul, rap and Gospel music. Chicago Steppin' provides a good cardiovascular workout and exciting form of entertainment. Participants will learn knowledge of basic steps and turns utilizing a 6-count beat, lane rules, reverse turns, spins, smooth footwork and more! Wednesdays 6:30-7:30

**African:** Get your heart pumping to the electrifying beat of powerful African rhythms. This class is a full-body workout which derives from traditional dances done in Africa. Culturally enriching, students will unleash their creativity and gain body confidence. Ladies can bring African material to wear sarong-style as you execute moves that work legs, hips, arms and abs in bare feet. Celebrate African heritage with this fast-paced class! Saturdays 11:20-12:30

### Bake Sale at Imagine Wesley



Everyone loves a treat at the end of the week! Mark your calendar for the next Bake Sale at Imagine Wesley next Friday, February. All proceeds go to benefit the Imagine Wesley scholarship program. If you want to contribute individually

**wrapped goods (containing no nuts), call 404-200-1918 for drop off times.**

Stay tuned for more exciting news and events from Journey!

Sincerely,

Journey Performing Arts Center

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