

New Classes Have Started & New Instructors are Bringing IT!

Most of our instructors in training have finished up their training program with QCDQ and that means new classes for you. Thank you for supporting all the instructors during their learning process and for making this possible for them by supporting them in their new classes! [Click here to view their bios.](#)

Hit It in Charlotte- If you haven't made it to [Tom Sykes](#) for Megan Paul's Monday 7:40 Hit it class, you are missing out! Megan is one of our newest instructors and we're so happy to have her on the instructor team. She brings lots of fun booty shaking and butt kicking power! (BTW, Hit It is the class that is for sure to make you sore the next day... I speak from experience)

DanceOut! in Matthews- Stacy Currie is bringing the heat to Matthews with DanceOut! on Tuesday nights at 6:30 at our new location [Crews Road Recreation Center](#). Stacy recently finished up her training with QCDQ and she is waiting to have a good time with you in class!

Zumba in Matthews- Gina Acosta will also be spicing up Matthews with Zumba on Thursdays at 7:00 also at [Crews Road Recreation Center](#). Gina A is not new to Zumba, but she is new to the QCDQ instructor team and we are so happy to have her with us! Come and spice up your Thursdays with Gina A!!

DanceOut! on Sundays

"The only way to enjoy anything in this life is to earn it first" ~Ginger Rogers

When I was 20 I fell while teaching an aerobics class and I tore the cartilage in my knee. As a result of the injury I was unable to bear weight on my leg without pain for almost a year. Ultimately, I had to have surgery to repair the damage. It made me so sad that I was unable to do all the things that I used to do with such ease- walking, exercising, running, dancing, even just standing. I remember looking at all the people just walking around like it was nothing. To me it was world's greatest miracle that they could use their own two legs to do whatever they wanted. During this time, I worked hard in physical therapy and wore a knee brace, and I gradually became able to use my leg again. Because I had to earn the use of my leg again, I knew then that would never take my legs for granted ever again. It seems like such a simple thing, but I promise that every day that goes by I truly can say that I enjoy my legs and all that they allow me to do.

This is just my personal example. I'm sure you can think of something that you have worked hard for, that you can truly say that you have earned. And so tell me is it not more meaningful that you earned it? Do you not enjoy it more even though it was hard, so hard to attain? After you ponder this, scroll down and see all that is going on with QCDQ this Holiday season, starting with our "Burn It to Earn It" Holiday Challenge where you can earn good health and fabulous prizes!

Burn it to Earn it Holiday Challenge

The holidays are a fun time for all of us, and along with the good times comes the good food! If you think you'll want to indulge in some of these holiday treats, you need to burn off the extra calories that you will consume. Otherwise, you might finish up the holidays with a few unwanted pounds. Put simply- If you eat more calories than you typically burn, you'll gain weight. That's where QCDQ comes in to save the day. Come to class more often and burn those extra calories so that you can really feel that you've earned your holiday treats! This way you can at least maintain your current weight by burning off the extra calories that you might consume. (If you want to see how you can lose weight during the holidays, see the article below.)

So how do you play? Print your "Burn It to Earn It" Playing Calendar. With this calendar, you will track how many classes you've attended and how many calories you've burned. As you burn the dance floor while burning those calories, you will also be earning QCDQ points that

QCDQ Event Recap

Demos- These past couple months have been busy with several demos. On September 19, QCDQ rocked the stage at the Southern Women's Show! We had a full stage of instructors jam out to a 20 minute mega mix in front of a crowd of at least 100 people, which included many of you! [Check out the pics posted by Jenny Noto \(aka J-No\)!](#) On September 27, we brought the QCDQ madness to Mint Hill during their Mint Hill Madness Fair. [Check out the video of this event posted by Chauna Gildersleeve.](#) We also participated in the 19th Annual Latin American Festival on October 11, bringing the Zumba flavor to the festival. You can [check out the pics posted by Taz Brown](#) or [check out the recap video](#) of the all the festivities.

DanceOut! at the River- QCDQ took over the floor at Whisky River on October 23 from 7-10 PM! We did this back in April and it was so much fun. For those that missed it, allow me to fill you in- It's our music, our routines, and all the QCDQ participants taking over their fabulous dance floor for 3 hours. Thank you to everyone for your donations to Fitness for Everyone and to everyone who donated their time to make the event possible. Together we raised over \$400!!! Raffle winners were Rachel Miller, Patrick Noto, Heather Jones & Don Stewart. [Check out the pics of the event!](#)

in **Gastonia**- Class is in session with new QCDQ instructor Erica Butler! Come to [Armstrong Athletic Club](#) on Sundays at 3:00 for DanceOut!- the Bootified edition. We are so happy to have Erica on the team!

DanceOut! in Steele Creek- Erica Butler will also be bringing it at Winget Recreation Center in Steele Creek on Wednesdays at 6:00 pm. [Winget Recreation Center](#) is convenient to South Carolina and South Charlotte. We hope to see you there!

Location Change for Beginning Moves in Charlotte- Demetria will now be at [Naomi Drenan Recreation Center in the Cotswold area](#) on Thursdays at 6:30 pm for Beginning Moves. We are excited about this change because the facility will provide a bigger room with excellent parking and it allows for a class time that accommodates a greater # of people. The first official class at this location will be December 3 and this will be a FREE class to all participants since it will be a NEW LOCATION CELEBRATION! This class is great for beginner dancers, beginner exercisers or anyone who needs a low-impact workout for other medical reasons. So come one come all and see how Meachi will get you movin' in Beginning Moves. (Please note there will no longer be class at Greater Galilee due to class being cancelled on the 19th for a church function and on the 26th for Thanksgiving.)

Small Business Highlights

Wags N' Whiskers Pet Sitting- Charlotte Phillips in Gastonia just started a pet sitting business. Call 704-351-8133 or email mywagsnwhiskers@yahoo.com

Art Strinas & Farrinas-

will help you earn fabulous prizes! [Click here for more information on how to play the "Burn It to Earn It" Holiday Challenge.](#)

Holiday Thank You Cards

It's the holidays... Thanksgiving is time to give thanks... Christmas is time to give to others....Put these together and you get "Holiday Thank You's"! Wouldn't you like to thank the person who introduced you to QCDQ with a little token of appreciation? If so, we certainly would like to help you do that. In class from Nov. 22 to Dec. 19 turn in a Holiday Thank You card for the person who referred you to QCDQ. We will then deliver the card and also give them a \$1 discount on their next class card. Keep your eyes peeled for these cards to be made available in class and please make sure you fill one out for the person who brought you to us so that we can both thank them!

New Choreography

- **Starstruck by 30h13 ft. Katy Perry.** New Hit it Song AKA the Whistle Song. I'm loving it. This is like brand new, fresh out the oven. (11/14)
- **Watcha Say by Jason DeRulo.** Cooldown. What what what what did she say?
- **Drop it Low by Esther.** Choreographed by Erica Butler and Sara Bremer. Booty bouncing fun. BoomBaBaBoomBaBoomBaBoomBoom. (10/31)
- **I put a Spell on You by Natacha Atlas.** Choreographed by Sara Bremer (10/31)
- **Aaja Soniye by ?????** . Choreographed by Angie...Inspired by Masala Bhangra workshop at Zumba convention. Has the famous "Clap clap clap, Move your Head, Move your Head" (10/1).
- **Let me think about it by Ida Coor.** A twist on a routine choreographed by a fellow NC Zumba instructor Heather Rounds. Brought to us by Stacy Currie. (9/1)
- **Jaleo by Ricky Martin.** Brought to us by Kat Walker. Gypsy Style! Flamenco/Belly. Powerful and fun! (9/21)
- **Baila Pa' Emociona by Zumba.** Brought to us by Kat Walker. This is a fun Calyso song that takes you around the room! (9/21)
- **No Eres Para Mi by Fanny Lu.** Choreographed by Gina Acosta. Quebradita! This song makes us happy! (9/29)
- **(I've had) The time of my life by Bill Medley & Jennifer Warnes.** In memory of Patrick Swayze. Choreographed by Sara, Angie, Moody & Erica, inspired from Zumba Convention Salsa workshop (9/16)
- **Battlefield by Jordin Sparks.** Choreographed by Angie. Lovin' it!!! (10/1)

For a complete list of all QCDQ songs, in order from newest to oldest [click here.](#)

Finally, I would like to say that it has been a fabulous year with all of you! It is so great to have all

Halloween Costume Party- The QCDQ dance fanatics came dressed in their sexiest, funniest, scariest and most creative costumes for a Halloween-of-a-good-time! Thanks to everyone who participated and made this class so fabulous- especially all of your fabulous QCDQ instructors! [Check out the pics!](#)

Dance-Giving Party- QCDQ dance fanatics got together on Saturday morning November 7 for a 90 minute dance party with the disco ball & all! The generous people of QCDQ brought in non-perishable food items & donated monetary gifts which were donated to [Second Harvest Food Bank.](#) Thank you for being such a wonderful, loving part of the greater community.

Zumba at the Bobcats- February 6- Save the Date!

Queen City Dancing Queen instructors will be joining over 300 other Carolina Zumba Instructors in a Zumba demo during halftime at the Charlotte Bobcats v. New Orleans Hornets Game. We want all of you to come to the game and cheer us on in the stands. Discounted tickets will be going on sale soon and we will be also selling a limited edition QCDQ T-shirt for you to wear at the game.

Other Tidbits

Angie in October 2008- Eight

Becky Garcia-Sanchez in Gastonia donated the beautiful earrings that were given away as prizes at DanceOut! at the River. For beautiful custom jewelry, call 704-827-0187

Lose a pound a week

Losing weight is a matter of math. If you take in more calories than you use, you will gain weight. If you take in the same number of calories that you use, you will stay the same. If you burn more calories than you take in, you will lose weight. While you should eat a balanced diet of vegetables, fruits, whole grains and lean protein for a variety of health reasons, when it really comes down to losing weight essentially it boils down to calories. It doesn't matter where the calories come from (e.g. a snicker bar or a couple granola bars or 4 apples). A calorie is a calorie and if it is unused, it will get stored. Now, if you would like to lose 1 pound a week, you have to create a calorie deficit of 3500 calories/week- which is 500 calories/day. So, you either have to burn an extra 500 calories with exercise OR you can consume 500 less than normal OR a combination thereof. Consider your current diet and think what can you cut out (e.g. cake in the coffee room)? Or what high calorie foods can you replace with low calorie foods (e.g. skim milk vs. whole milk)? If you have no idea how much calories are in the food you eat or how many calories you burn when you workout, you might benefit from the use of an online fitness journal such as <http://www.myfitnesspal.com/>.

of you in the QCDQ family! Thank you for dancing with us throughout the year and thank you to my fabulous instructor team for making it possible to offer these classes to you. With the Holidays upon us, on behalf of the entire QCDQ team, we would like to wish all of you a happy and safe holiday season, although we would much rather tell you in person! So, make time for yourself- your physical and mental well-being- and come on to class. My instructors and I will be waiting for you!

Happy Holidays & Happy Dancing from QCDQ!

**Big Hugs,
Angie**

Months Preggo-

For your viewing enjoyment I finally uploaded a video of myself teaching class while 8 months (pushing 9) pregnant. Those of you who didn't know me then can now witness the craziness! FYI- While I kept exercising throughout the duration of my pregnancy, I certainly reduced my intensity. In this particular video, this was made possible by the assistance of then trainees, now current QCDQ instructors- Sara Bremer and Lisa Burke. [Click here to view.](#)

Little Boy Dancing to Low-

If you haven't seen this video before, you simply must see it. It is so hilarious. [Just watch.](#)