

Are you Interested in volunteering/
performing and helping us grow? I'll be
looking for a crew that can help me during
morning shows, festivals, charity/
fundraisers and any other opportunity that
can get this in front of the right people...

Like, Mr. Wonderful 🐼 or 🐸

MILESTONE CELEBRATIONS BIRTHDAY'S, FESTIVALS, & SPECIAL EVENTS.

We dance to celebrate!

This service is an absolute BLAST!
Let's get creative for you, your team,
an event, or someone special. This fun,
interactive experience is for everyone. We
are here to make it unforgettable.

Adults & Active Seniors:

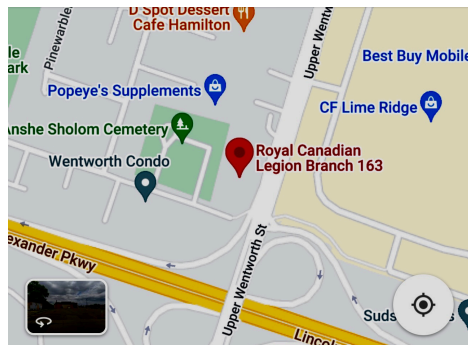
Old School Funk®

The OG's - Music from the 50's-80's.

Or

2Legit2Quit | PYTs - Music from the
80's - Y2K.

We offer two packages. However, we
would LOVE to customize your
experience. Ask us for a quote!



1. Join the OSF group on our site / login.
2. Check your emails, Tuesday's by 10am.
3. Bring comfortable shoes & water bottle.
4. After class, join the tribe for coffee ☕.
5. Become a Legion member & get perks!



🌐 Old school funk® | 📱 Love My Life Inc.

🎵 Founded In 2015

📞 LOVEMYLIFEINC.COM

✉ lovemylifeinc@gmail.com

OLD SCHOOL FUNK®

22/23 SEASON



Are you ready to join the
movement and be part of the
tribe? If you love 50's, 60's,
70's & 80's music, enjoy
socialization, and connecting
with amazing people,
You will love ~ Old School Funk®

In studio & Online



OUR MISSION

To create a fun, active and social environment, geared to the adult and active senior sector.

Peace, Love & Old School Funk®

My name is Misty Temelkovski, I am the proud owner, founder and choreographer. This all began back in 2015 when I was looking for a dance class that encompassed oldies music. I couldn't find it anywhere. However, I didn't see an opportunity to execute. At that time I was teaching up to 82 classes a month in multiple cities, while building my business. It was a Wednesday, I arrived at my first day of my new chair aerobics class and my students were half asleep or sleeping. I left the class almost in tears because it was boring and sad to see. I called my mom and she said "Honey, make it your own and think about what you would want to hear and how you can make it fun and different", So I did. I went back the following week with my favourite oldie's playlist and my idea of what I thought would make an incredible class. I Pressed play and had everyone alive, smiling and engaged. After 7 years, a thousand plus classes, and over fifteen hundred members (in multiple cities), along with the stories and memories from all my students who have reflected and reminisced back to their era.

These classes are driven by the soul, fuelled by music, and simply priceless. Wondering why I'm so passionate and motivated to see this come to fruition? I am and always have been a single mom, if that's not enough motivation to do great things in life, I don't know what is. Entrepreneurship is in my blood and have had many ventures in the past that have all been predicated on creating a life I love.

Thank you from the bottom of my heart for joining, what I believe will become a worldwide movement.

My goal & vision is HUGE!

YOU can be part of it. | 🕒 ❤️ 🌐



22/23 SEASON | 7TH YEAR

Coach Misty is a gold certified (RHEP)/ Registered health and exercise practitioner/ Personal trainer & Group fitness leader, through OFC/ Ontario fitness council. Previously with BCRPA/ British Columbia, recreation & parks association, (since 2011).

This registered ®, dance fitness format is geared toward the adult and active senior sector. This class is for all levels and abilities. No previous dance experience required. You do what you can do. There are a number of health benefits, such as improving agility, flexibility, coordination, balance, cognitive function, cardiovascular, strong bones, mood stabilizer, weight / stress management & socialization.

🍂 **Fall in love with O.S.F. again: Sept 20th - Nov 8th. (8x classes = \$88.) or (4 classes = \$50.)**

🎂 Nov 1st bday dance party.

🎄 **Christmas Jingle Jangle: Nov 29th - Dec 20th (4 x classes = \$50.)** On the last class, dress in green,

red and white for pictures 📸 & after class treat.

Price includes: ☕ & 🍪, Location TBD.

❄️ ⏪ **Winter way back: Jan 10th - Mar 7 - No class Feb 28th - (8x classes = \$88.) or (4 classes = \$50.)**

💕 Feb 14th - Share the love with a Free class for anyone to try. 📸 Dress in red/pink/white.

🌸 **Spring a Ding Ding: March 21st - May 9th.**
(We may have 1 class missed in April & added to the end. Stay tuned!!!)

(8x classes = \$88.) or (4 classes = \$50.) 🎨 📖

🧑🏫 On the last class we will share what we're up to outside of class, we will have an opportunity to explore, support, share and socialize. 📸 Dress in spring colours.

☀️ **Summer shimmy & Shake: June 6th - June 27th (4x classes = \$50.)** On the last class dress in summer/ beach 🏖️ inspired clothes for our picture 📸. After class we will meet at the park 🌳 Price includes: ☕ and 🍰.

Summer of Funk ® - 2023 - Cost & Details TBA

🌳 Annual, pop up in the park. + 🚚 🎶 🗺️ Niagara Falls



Winner - 2019: Best dressed! Jane P. 🏆 🧛



Beautiful Christmas, 2019 memories 🎄 🕊️ ❤️



Incredible moments to remember 2018 🌹 🎵



Mannequin challenge 2016 🗺️ 🕒



Stronger together 2017 ∞ 🌸



Summer time fun - 2022 🌿

All prices include HST. Register online & in class. \$10. drop in option with a minimum of 4x classes purchased or if there's only, 1 - 3 classes left.