East Ballroom

NOVEMBER 2018

Clubs & Independent Contractor Schedule

**************************************	CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	8 AM	Jazzercise 8:30 - 9:30	Jazzercise 8:30 - 9:30	Jazzercise 8:30 - 9:30	Jazzercise 8:30 - 9:30	Silver Sneaker			THE
	9 AM	Jazzercise 8:30 - 9:30	Jazzercise 8:30 - 9:30	Jazzercise 8:30 - 9:30	Jazzercise 8:30 - 9:30	Strength 45 8:30 - 9:15			
	10 AM		Silver Sneaker Strength 45						
	11 AM		9:45 - 10:30						W est
	12 PM								**
	1 PM								17 5
UU W	2 PM								
	3 PM								
	4 PM							SBDC Open Dance	
	5 PM	Partner Western Dance 5:00 - 8:30		Partner Western Dance 5:00 - 8:30				SBDC Open Dance	※ 00
THE	6 PM	Partner Western Dance 5:00 - 8:30		Partner Western Dance 5:00 - 8:30					0) 0)
	7 PM	Partner Western Dance 5:00 - 8:30		Partner Western Dance 5:00 - 8:30					MW
	8 PM	Partner Western Dance 5:00 - 8:30		Partner Western Dance 5:00 - 8:30					ダ、川// // O= の
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CALL US AT **520-818-1300**



CLUBS AND CONTRACTOR CLASS DESCRIPTION

ARGENTINE TANGO: The Argentine Tango Club provides opportunity for dancing, practicing and learning the dance of Argentine Tango. For more information go to www.dancetangodc.com/ATC.html or email SilkeGsching@live.com

BALLROOM DANCING 101: Silke Gsching is offering professional dance instructions for ballroom dancing. If you are interested, go to www.dancetangodc.com for more information or email SilkeGsching@live.com

JAZZERCIZE: Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise group fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles. For more information go to Facebook saddlebrookjazzercise or email dd000@aol.com

LINE DANCING: Line Dance is choreographed dancing that does not require a partner and uses all forms and styles of music, i.e., country western, waltz, rumba, jive, tango, etc. It's a fun and interval training activity. For more information contact Rebecca at linedancing4SB@aol.com

SBDC LET'S DANCE: Monday (practice for persons who will teach upcoming classes), Wednesday (classes that are organized by SBDC.) For more information go to www.sbballroomdance.com

SB SQUARE DANCE: For more information please go to www.saddlebrookesquares.com

SB TABLE TENNIS: The SaddleBrooke Table Tennis Club is a fun-loving group with various levels of skill and experience with table tennis. For more information go to www.sbttc.wordpress.com

SILVER BELLES: The SaddleBrooke Silver Belles Dance Team members perform choreographed routines to a variety of musical styles including jazz, Broadway and show tunes, Latin, country western and patriotic favorites. Performers have varying dance backgrounds and their collective experiences enhance the group. For more information contact Ann Kurtz at tomanndance@gmail.com

SILVER SNEAKERS/STRENGTH 45: Strength 45 is a 45-minute class that strengthens the arms, core and legs with weights, tubes and balls, students can do the class standing up or in a chair. For more information email dd000@aol.com

PARTNER WESTERN DANCE CLUB: The goal of our club is to provide opportunity for learning and enjoying Western Dance to SaddleBrooke's residents. For more information go to www.sbpartnerswesterndance.wordpress.com or contact Gromelski at janewesterndance@aol.com

ZUMBA GOLD: A modified Zumba Class that recreates the original moves you love at a lower intensity. For more info contact Cheryl Ludeman at clludeman@gmail.com