

# Mariposa Room

# NOVEMBER 2018

## Clubs & Independent Contractor Schedule



CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 AM		ZUMBA GOLD 11/13, 11/20 & 11/27		ZUMBA GOLD 11/8, 11/15 & 11/29			
9 AM							
10 AM		10:30 Vinyasa Flow Yoga				10:30 Vinyasa Flow Yoga	
11 AM						Why Not Dance 11:45 - 1:45	
12 PM	Line Dancing			Line Dancing	Why Not Dance 12:15 - 2:15	Why Not Dance 11:45 - 1:45	SB Table Tennis 12:00 - 5:00
1 PM	Line Dancing	SB Table Tennis 1:00 - 5:00		Line Dancing	Why Not Dance 12:15 - 2:15	Why Not Dance 11:45 - 1:45	SB Table Tennis 12:00 - 5:00
2 PM	Line Dancing	SB Table Tennis 1:00 - 5:00		Line Dancing	SB Table Tennis 2:30 - 5:00	SB Table Tennis 2:30 - 5:00	SB Table Tennis 12:00 - 5:00
3 PM	Line Dancing	SB Table Tennis 1:00 - 5:00	Ballroom Dancing 101	Line Dancing	SB Table Tennis 2:30 - 5:00	SB Table Tennis 2:30 - 5:00	SB Table Tennis 12:00 - 5:00
4 PM	SBDC Let's Dance	SB Table Tennis 1:00 - 5:00	Ballroom Dancing 101	Silver Belles	SB Table Tennis 2:30 - 5:00	SB Table Tennis 2:30 - 5:00	SB Table Tennis 12:00 - 5:00
5 PM	Argentine Tango Class		Argentine Tango Practice	Partner Western Dance 5:00 - 8:30	Argentine Tango Practice 5 - 6:30	SB Table Tennis 2:30 - 5:00	SB Table Tennis 12:00 - 5:00
6 PM	Argentine Tango Practice		SBDC	Partner Western Dance 5:00 - 8:30	Argentine Tango Practice 5 - 6:30		
7 PM	Argentine Tango Practice		SBDC	Partner Western Dance 5:00 - 8:30			
8 PM				Partner Western Dance 5:00 - 8:30			
9 PM							

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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](http://www.dancetangodc.com/ATC.html) or email [SilkeGsching@live.com](mailto: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](http://www.dancetangodc.com) for more information or email [SilkeGsching@live.com](mailto: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](https://www.facebook.com/saddlebrookjazzercise) or email [dd000@aol.com](mailto: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](mailto: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.sballroomdance.com](http://www.sballroomdance.com)

**SB SQUARE DANCE:** For more information please go to [www.saddlebrookesquares.com](http://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.sbtcc.wordpress.com](http://www.sbtcc.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](mailto: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](mailto: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](http://www.sbpartnerswesterndance.wordpress.com) or contact Gromelski at [janewesterndance@aol.com](mailto: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 [cludeman@gmail.com](mailto:cludeman@gmail.com)

