

Mariposa Room

FEBRUARY 2019

Clubs & Independent Contractor Schedule



CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 AM			ZUMBA GOLD 2/13, 2/20 & 2/27	ZUMBA GOLD 2/14, 2/21 & 2/28			
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 2:00 - 5:00	SB Table Tennis 2:00 - 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 2:00 - 5:00	SB Table Tennis 2:00 - 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	SBDC Let's Dance	SB Table Tennis 2:00 - 5:00	SB Table Tennis 2:00 - 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		
6 PM	Argentine Tango Practice		SBDC Let's Dance	Partner Western Dance 5:00 - 8:30	Argentine Tango Practice 5 - 6:30		
7 PM	Argentine Tango Practice		SBDC Let's Dance	Partner Western Dance 5:00 - 8:30			
8 PM				Partner Western Dance 5:00 - 8:30			
9 PM							



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](https://www.facebook.com/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 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 cludeman@gmail.com

