



# EAST BALLROOM

# FEBRUARY 2020

Clubs & Independent Contractor Schedule

CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 AM	Jazzercise 8:30 - 9:30am	Jazzercise 8:30 - 9:30am	Jazzercise 8:30 - 9:30am	Jazzercise 8:30 - 9:30am	Silver Sneaker Strength 45 8:30 - 10:00am		
9 AM							
10 AM		Silver Sneaker Strength 45 9:45 - 10:30am					
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							SBDC Open Dance 4:00 - 6:00pm
5 PM	Partner Western Dance 5:00 - 8:30pm		Partner Western Dance 5:00 - 8:30pm				
6 PM							
7 PM							
8 PM							

## CLUBS AND CONTRACTOR CLASS DESCRIPTION

### **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 [ddd000@aol.com](mailto:ddd000@aol.com).

### **SBDC** (*SaddleBrooke Ballroom Dance Club*)

Monday (practice for persons who will teach upcoming classes.) For more information please visit our website [www.sballroomdance.com](http://www.sballroomdance.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).

### **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 [ddd000@aol.com](mailto:ddd000@aol.com).

