

MARIPOSA ROOM

FEBRUARY 2020

Clubs & Independent Contractor Schedule

	CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
)	10 AM							
	11 AM		Vinyasa Flow Yoga 11:00am - 12:00pm				Gentle Flow Yoga 11:00am - 12:00pm	
	12 PM				Line Dancing (one continuous class) 12:00 - 4:00pm	Why Not Dance 12:15 – 2:15pm	Why Not Dance 12:00 - 1:45pm	SB Table Tennis 12:00-5:00pm
	1 PM	Line Dancing (one continuous class) 12:00 - 4:00pm SBDC 4:00 - 5:00pm						
]	2 PM		SB Table Tennis 2:00-5:30pm			SB Table Tennis 2:00-5:00pm	SB Table Tennis 2:00-5:00pm	
)	3 PM			Ballroom Dancing 101 3:00-5:00pm				
	4 PM				Let's Dance 4:00 - 5:00pm			
	5 PM			Argentine Tango Practice 5:00-6:00pm				
)	6 PM	Argentine Tango Practice 5:00 - 7:00pm		Let's Dance	Partner Western Dance			
	7 PM			6:00-8:00pm	5:00 - 8:30pm			
)	8 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 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.

GENTLE FLOW YOGA

Gentle flow or gentle yoga is a softer approach to Dynamic yoga. While the poses still flow together, the nature of it is much slower in pace and gentle in practice. For more information please email Bridget Bonner at bridgetbonner@rocketmail.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 ddd000@aol.com.

LET'S DANCE

Classes held on Wednesday and Thursday. For more information visit www.sbballroomdance.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 linedancing 4SB@aol.com.

SBDC (SaddleBrooke Ballroom Dance Club)

Monday (practice for persons who will teach upcoming classes.) For more information please visit our website 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.

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.

VINYASA FLOW YOGA

Vinyasa yoga is a form of yoga that emphasizes breathing sequences and flowing between different poses. Vinyasa yoga is a dynamic, flowing form of yoga. This differs from 'traditional' yoga where you are holding static poses. For more information please email Bridget Bonner at bridgetbonner@rocketmail.com.

WHY NOT DANCE

Private ballroom dance practice. Not an open class.