

MARCH 2017

= Progressive Classes
 = Drop In Class - Join in anytime!
 = Special Workshops
 = Fitness Class
 = Dance Party



9th Annual **DANCE FOR A CAUSE**

Dance-a-thon

12 HOURS OF DANCE FOR CHARITY!

April 29th - See Back

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>26</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">TEAM PRACTICES</p>	<p>27</p> <p>5:30-6:25p: JAZZERCISE ■</p> <p>5:30-7:30p: Team Practice</p> <p>6:30-7:25p: ZUMBA ■ S</p> <p>7:30-8:25p: Vickie's Founders Turn Pattern - Bachata Scott ■</p> <p>7:30-8:25p: Merengue Sherrie ■</p> <p>8:30-9:25p: Cha Cha Sherrie ■</p> <p>9:30-10:25p: Salsa On2-102 Turn Pattern Ed ■</p>	<p>28</p> <p>4:30-5:25p: JAZZERCISE ■</p> <p>6:30-7:25p: MIXXEDFIT ■ K</p> <p>7:30-8:25p: Vintage Swing (E. Coast) (6 wks: wk 3) Aly ■</p> <p>8:30-9:25p: Blues (6 wks: wk 3) Aly ■</p>	<p>1</p> <p>5:30-6:25p: JAZZERCISE ■</p> <p>6-6:55p: ZUMBA ■ A</p> <p>6:30-7: Body Isolations Tanya/Sydney ■</p> <p>7-7:55p: Salsa On2-100 (Intro) (6 wks: wk 2) Dorian ■</p> <p>7-7:55p: Salsa On2-102 (PREQ: Salsa On2 101) (6 wks: wk 2) Tanya ■</p> <p>8-8:55p: Salsa On2-101 (PREQ: Salsa On2 100) (6 wks: wk 2) Dorian ■</p> <p>8-8:55p: Kizomba (6 wks: wk 2) Tanya ■</p> <p>9-9:55p: Semba (6 wks: wk 2) Tanya ■</p> <p style="text-align: right;">9-11pm: Team Practices</p>	<p>2</p> <p>4:30-5:25p: JAZZERCISE ■</p> <p>6:30-7:25p: MIXXEDFIT ■ K</p> <p>7:30-8:25p: Salsa On2-200 Partnerwork & Footwork (PREQ: Salsa 102) Tanya ■</p> <p>8:30-9:25p: Rueda-100 (Intro) (6 wks: wk 6) Chae ■</p> <p>8:30-9:25p: Rueda-101 (6 wks: wk 6) Amanda ■</p> <p>9:30-10:25p: Casino Salsa Partnerwork -100 (Intro) (6 wks: wk 6) Amanda ■</p>	<p>3</p> <p>6-6:55: Traditional Bachata 100 (Intro) (4 wks: wk 3) Alvin & Helena ■</p> <p>7-9p: Team Practice</p> <p>7-7:55p: Urban Bachata-100 (6 wks: wk 3) Alvin/Helena ■</p> <p>8-8:55 pm: Urban Bachata-101 (PREQ: Bachata 100) (6 wks: wk 3) Alvin/Helena ■</p> <p>9-9:55p: SALSA ESSENCE: Step Spins (4 wks: wk1) Tanya ■</p> <p style="color: green; font-style: italic;">Latin Social 9p-1a ■</p> <p>2 Rooms! Salsa Bachata Kizomba Basic Salsa/Bachata Lesson @ 9p, Dorian Basic Kizomba Lesson @ 10:15p, Tanya</p>	<p>4</p> <p>10-11a: MIXXEDFIT ■ N</p> <p style="background-color: yellow; padding: 5px;">Swing Crash Course Learn to Dance in ONE Day! Get into the Social for FREE! 12-3p with Aly</p> <p>3-5p: Afro Cuban Rumba and Cuban Modern Dance Amanda ■</p> <p style="background-color: orange; padding: 5px;">Swing VASION 6-11p: Swing Dance Party ■ Beginner Swing Lesson @ 6pm w Jeff from Swing Virginia</p>
<p>5</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">TEAM PRACTICES</p>	<p>6</p> <p>5:30-6:25p: JAZZERCISE ■</p> <p>5:30-7:30p: Team Practice</p> <p>6:30-7:25p: ZUMBA ■ S</p> <p>7:30-8:25p: Stephanie's Founders Turn Pattern - Bachata Scott ■</p> <p>7:30-8:25p: Salsa On2-100 (Intro) (6 wks: wk 1) Sherrie ■</p> <p>8:30-9:25p: Salsa On2-101 (PREQ: Salsa On2 100) (6 wks: wk 1) Sherrie ■</p> <p>9:30-10:25p: Salsa On2-102 (PREQ: Salsa On2 101) (6 wks: wk 1) Ed ■</p>	<p>7</p> <p>4:30-5:25p: JAZZERCISE ■</p> <p>6:30-7:25p: MIXXEDFIT ■ K</p> <p>7:30-8:25p: Vintage Swing (E. Coast) (6 wks: wk 4) Aly ■</p> <p>8:30-9:25p: Blues (6 wks: wk 4) Aly ■</p>	<p>8</p> <p>5:30-6:25p: JAZZERCISE ■</p> <p>6-6:55p: ZUMBA ■ A</p> <p>6:30-7: Body Isolations Tanya/Sydney ■</p> <p>7-7:55p: Salsa On2-100 (Intro) (6 wks: wk 3) Dorian ■</p> <p>7-7:55p: Salsa On2-102 (PREQ: Salsa On2 101) (6 wks: wk 3) Tanya ■</p> <p>8-8:55p: Salsa On2-101 (PREQ: Salsa On2 100) (6 wks: wk 3) Dorian ■</p> <p>8-8:55p: Kizomba (6 wks: wk 3) Tanya ■</p> <p>9-9:55p: Semba (6 wks: wk 3) Tanya ■</p> <p style="text-align: right;">9-11pm: Team Practices</p>	<p>9</p> <p>4:30-5:25p: JAZZERCISE ■</p> <p>6:30-7:25p: MIXXEDFIT ■ K</p> <p>7:30-8:25p: Salsa On2-200 Partnerwork & Footwork (PREQ: Salsa 102) Leroy ■</p> <p>8:30-9:25p: Rueda-100 (Intro) (6 wks: wk 1) Chae ■</p> <p>8:30-9:25p: Rueda-101 (6 wks: wk 1) Amanda ■</p> <p>9:30-10:25p: Casino Salsa Partnerwork -100 (Intro) (6 wks: wk 1) Amanda ■</p>	<p>10</p> <p>6-6:55: Traditional Bachata 100 (Intro) (4 wks: wk 4) Alvin & Helena ■</p> <p>7-9p: Team Practice</p> <p>7-7:55p: Urban Bachata-100 (6 wks: wk 4) Alvin/Helena ■</p> <p>8-8:55 pm: Urban Bachata-101 (PREQ: Bachata 100) (6 wks: wk 4) Alvin/Helena ■</p> <p>9-9:55p: SALSA ESSENCE: Step Spins (4 wks: wk2) Tanya ■</p> <p style="color: green; font-style: italic;">Latin Social 9p-1a ■</p> <p>2 Rooms! Salsa Bachata Kizomba Basic Salsa/Bachata Lesson @ 9p, Dorian Basic Kizomba Lesson @ 10:15p, Tanya MARCH BIRTHDAY DANCE!</p>	<p>11</p> <p>10-11a: MIXXEDFIT ■ N</p> <p>11a-12p: Kids Hip Hop Party Nikkita ■</p> <p style="background-color: blue; color: white; padding: 5px;">Bachata Crash Course Learn to Dance in ONE Day! Get into the Social for FREE! 12-3p with Alvin/Helena</p> <p>5-7p: Salsa Ladies Styling with Sarah ■</p> <p style="background-color: blue; color: white; padding: 5px;">BACHATA SOCIAL! 8:30p-2a: Bachata Dance Party ■ Beginner Lesson @ 8:30p</p>
<p>12</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">TEAM PRACTICES</p>	<p>13</p> <p>5:30-6:25p: JAZZERCISE ■</p> <p>5:30-7:30p: Team Practice</p> <p>6:30-7:25p: ZUMBA ■ S</p> <p>7:30-8:25p: Scott's Founders Turn Pattern - Salsa Scott ■</p> <p>7:30-8:25p: Salsa On2-100 (Intro) (6 wks: wk 2) Sherrie ■</p> <p>8:30-9:25p: Salsa On2-101 (PREQ: Salsa On2 100) (6 wks: wk 2) Sherrie ■</p> <p>9:30-10:25p: Salsa On2-102 (PREQ: Salsa On2 101) (6 wks: wk 2) Ed ■</p>	<p>14</p> <p>4:30-5:25p: JAZZERCISE ■</p> <p>6:30-7:25p: MIXXEDFIT ■ K</p> <p>7:30-8:25p: Vintage Swing (E. Coast) (6 wks: wk 5) Aly ■</p> <p>8:30-9:25p: Blues (6 wks: wk 5) Aly ■</p>	<p>15</p> <p>5:30-6:25p: JAZZERCISE ■</p> <p>6-6:55p: ZUMBA ■ A</p> <p>6:30-7: Body Isolations Tanya/Sydney ■</p> <p>7-7:55p: Salsa On2-100 (Intro) (6 wks: wk 4) Dorian ■</p> <p>7-7:55p: Salsa On2-102 (PREQ: Salsa On2 101) (6 wks: wk 4) Tanya ■</p> <p>8-8:55p: Salsa On2-101 (PREQ: Salsa On2 100) (6 wks: wk 4) Dorian ■</p> <p>8-8:55p: Kizomba (6 wks: wk 4) Tanya ■</p> <p>9-9:55p: Semba (6 wks: wk 4) Tanya ■</p> <p style="text-align: right;">9-11pm: Team Practices</p>	<p>16</p> <p>4:30-5:25p: JAZZERCISE ■</p> <p>6:30-7:25p: MIXXEDFIT ■ K</p> <p>7:30-8:25p: Salsa On2-200 Partnerwork & Footwork (PREQ: Salsa 102) Tanya ■</p> <p>8:30-9:25p: Rueda-100 (Intro) (6 wks: wk 2) Chae ■</p> <p>8:30-9:25p: Rueda-101 (6 wks: wk 2) Amanda ■</p> <p>9:30-10:25p: Casino Salsa Partnerwork -100 (Intro) (6 wks: wk 2) Amanda ■</p> <p style="text-align: center; color: green; font-size: small;">St. Patrick's Day Social! Wear Green!</p>	<p>17</p> <p>6-6:55: Bachata Shines (Footwork) Alvin & Helena ■</p> <p>7-9p: Team Practice</p> <p>7-7:55p: Urban Bachata-100 (6 wks: wk 5) Alvin/Helena ■</p> <p>8-8:55 pm: Urban Bachata-101 (PREQ: Bachata 100) (6 wks: wk 5) Alvin/Helena ■</p> <p>9-9:55p: SALSA ESSENCE: Step Spins (4 wks: wk3) Tanya ■</p> <p style="color: green; font-style: italic;">Latin Social 9p-1a ■</p> <p>2 Rooms! Salsa Bachata Kizomba Basic Salsa/Bachata Lesson @ 9p, Dorian Basic Kizomba Lesson @ 10:15p, Tanya</p>	<p>18</p> <p>10-11a: MIXXEDFIT ■ N</p> <p style="background-color: red; color: white; padding: 5px;">Salsa Crash Course Learn to Dance in ONE Day! Get into the Social for FREE! 12-3p with Leroy</p> <p style="background-color: orange; padding: 5px;">Afro Cuban Guest Instructor Yudisleidy Valdes (DC) 3-5pm Orishas 5-6 Rumba</p> <p style="background-color: red; color: white; padding: 5px;">Salsa Addicts Social 8:30p-1a Beginner Salsa Lesson 8:30p, Tanya Son Lesson @ 9pm, Yudisleidy</p>
<p>19</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">TEAM PRACTICES</p>	<p>20</p> <p>5:30-6:25p: JAZZERCISE ■</p> <p>5:30-7:30p: Team Practice</p> <p>6:30-7:25p: ZUMBA ■ S</p> <p>7:30-8:25p: Salsa On2-100 (Intro) (6 wks: wk 3) Sherrie ■</p> <p>8:30-9:25p: Salsa On2-101 (PREQ: Salsa On2 100) (6 wks: wk 3) Sherrie ■</p> <p>9:30-10:25p: Salsa On2-102 (PREQ: Salsa On2 101) (6 wks: wk 3) Ed ■</p>	<p>21</p> <p>4:30-5:25p: JAZZERCISE ■</p> <p>6:30-7:25p: MIXXEDFIT ■ K</p> <p>7:30-8:25p: Vintage Swing (E. Coast) (6 wks: wk 6) Aly ■</p> <p>8:30-9:25p: Blues (6 wks: wk 6) Aly ■</p>	<p>22</p> <p>5:30-6:25p: JAZZERCISE ■</p> <p>6-6:55p: ZUMBA ■ A</p> <p>6:30-7: Body Isolations Tanya/Sydney ■</p> <p>7-7:55p: Salsa On2-100 (Intro) (6 wks: wk 5) Dorian ■</p> <p>7-7:55p: Salsa On2-102 (PREQ: Salsa On2 101) (6 wks: wk 5) Tanya ■</p> <p>8-8:55p: Salsa On2-101 (PREQ: Salsa On2 100) (6 wks: wk 5) Dorian ■</p> <p>8-8:55p: Kizomba (6 wks: wk 5) Tanya ■</p> <p>9-9:55p: Semba (6 wks: wk 5) Tanya ■</p> <p style="text-align: right;">9-11pm: Team Practices</p>	<p>23</p> <p>4:30-5:25p: JAZZERCISE ■</p> <p>6:30-7:25p: MIXXEDFIT ■ K</p> <p>7:30-8:25p: Salsa On2-200 Partnerwork & Footwork (PREQ: Salsa 102) Leroy ■</p> <p>8:30-9:25p: Rueda-100 (Intro) (6 wks: wk 3) Chae ■</p> <p>8:30-9:25p: Rueda-101 (6 wks: wk 3) Amanda ■</p> <p>9:30-10:25p: Casino Salsa Partnerwork -100 (Intro) (6 wks: wk 3) Amanda ■</p>	<p>24</p> <p>6-6:55: Traditional Bachata Musicality Alvin & Helena ■</p> <p>7-9p: Team Practice</p> <p>7-7:55p: Urban Bachata-100 (6 wks: wk 6) Alvin/Helena ■</p> <p>8-8:55 pm: Urban Bachata-101 (PREQ: Bachata 100) (6 wks: wk 6) Alvin/Helena ■</p> <p>9-9:55p: SALSA ESSENCE: Step Spins (4 wks: wk4) Tanya ■</p> <p style="color: green; font-style: italic;">Latin Social 9p-1a ■</p> <p>2 Rooms! Salsa Bachata Kizomba Basic Salsa/Bachata Lesson @ 9p, Dorian Basic Kizomba Lesson @ 10:15p, Tanya</p>	<p>25</p> <p>10-11a: MIXXEDFIT ■ N</p> <p>11a-12p: Kids Hip Hop Party Nikkita ■</p> <p style="background-color: purple; color: white; padding: 5px;">Kizomba Crash Course Learn to Dance in ONE Day! 12-3p with Tanya</p> <p style="background-color: orange; padding: 5px;">Argentine Tango Guest Instructor Linda Sutton 3-7pm Beginner Part 1 7-8 Milonga Continues SUNDAY 1-5pm Part 2</p>
<p>26</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">TEAM PRACTICES</p>	<p>27</p> <p>5:30-6:25p: JAZZERCISE ■</p> <p>5:30-7:30p: Team Practice</p> <p>6:30-7:25p: ZUMBA ■ S</p> <p>7:30-8:25p: Salsa On2-100 (Intro) (6 wks: wk 4) Sherrie ■</p> <p>8:30-9:25p: Salsa On2-101 (PREQ: Salsa On2 100) (6 wks: wk 4) Sherrie ■</p> <p>9:30-10:25p: Salsa On2-102 (PREQ: Salsa On2 101) (6 wks: wk 4) Ed ■</p>	<p>28</p> <p>4:30-5:25p: JAZZERCISE ■</p> <p>6:30-7:25p: MIXXEDFIT ■ K</p> <p>7:30-8:25p: Vintage Swing (E. Coast) (6 wks: wk 1) Aly ■</p> <p>8:30-9:25p: Blues (6 wks: wk 1) Aly ■</p>	<p>29</p> <p>5:30-6:25p: JAZZERCISE ■</p> <p>6-6:55p: ZUMBA ■ A</p> <p>6:30-7: Body Isolations Tanya/Sydney ■</p> <p>7-7:55p: Salsa On2-100 (Intro) (6 wks: wk 6) Dorian ■</p> <p>7-7:55p: Salsa On2-102 (PREQ: Salsa On2 101) (6 wks: wk 6) Tanya ■</p> <p>8-8:55p: Salsa On2-101 (PREQ: Salsa On2 100) (6 wks: wk 6) Dorian ■</p> <p>8-8:55p: Kizomba (6 wks: wk 6) Tanya ■</p> <p>9-9:55p: Semba (6 wks: wk 6) Tanya ■</p> <p>9-11pm: Team Practices</p>	<p>30</p> <p>4:30-5:25p: JAZZERCISE ■</p> <p>6:30-7:25p: MIXXEDFIT ■ K</p> <p>7:30-8:25p: Salsa On2-200 Partnerwork & Footwork (PREQ: Salsa 102) Tanya ■</p> <p>8:30-9:25p: Rueda-100 (Intro) (6 wks: wk 4) Chae ■</p> <p>8:30-9:25p: Rueda-101 (6 wks: wk 4) Amanda ■</p> <p>9:30-10:25p: Casino Salsa Partnerwork -100 (Intro) (6 wks: wk 4) Amanda ■</p>	<p>31</p> <p>6-6:55: Bachata Ladies Styling (4 wks: wk 1) Helena ■</p> <p>7-9p: Team Practice</p> <p>7-7:55p: Urban Bachata-100 (6 wks: wk 1) Alvin/Helena ■</p> <p>8-8:55 pm: Urban Bachata-101 (PREQ: Bachata 100) (6 wks: wk 1) Alvin/Helena ■</p> <p>9-9:55p: SALSA ESSENCE: Pachanga (4 wks: wk1) Tanya ■</p> <p style="color: green; font-style: italic;">Latin Social 9p-1a ■</p> <p>2 Rooms! Salsa Bachata Kizomba Basic Salsa/Bachata Lesson @ 9p, Dorian Basic Kizomba Lesson @ 10:15p, Tanya</p>	<p>1</p> <p>10-11a: MIXXEDFIT ■ N</p> <p style="background-color: yellow; padding: 5px;">Swing Crash Course Learn to Dance in ONE Day! Get into the Social for FREE! 12-3p with Aly</p> <p>3-5p: Afro Cuban Rumba and Cuban Modern Dance Amanda ■</p> <p style="background-color: orange; padding: 5px;">Swing VASION 6-11p: Swing Dance Party ■ Beginner Swing Lesson @ 6pm w Jeff from Swing Virginia</p>

9th Annual **DANCE FOR A CAUSE**
Dance-a-thon



12 HOURS OF DANCE FOR CHARITY!
COME DANCE FOR YOUR FAVORITE CAUSE!

Salsa BACHATA KIZOMBA Swing ZUMBA FITNESS MIXXEDFIT

DANCE CLASSES (BEGINNER & ADVANCED)
NO EXPERIENCE OR PARTNERS NECESSARY

SOCIAL DANCING • LIVE MUSIC & DJS • GAMES • PERFORMANCES
PRIZES • FOOD & DRINKS • AFTER PARTY

APRIL 29, 2017, 10AM-10PM
AFTER PARTY TILL 2AM WITH LIVE SALSA BAND!



This Dance-a-thon is very similar to a walk-a-thon. Participants join teams or dance as individuals and raise money and have fun. We dance to support multiple causes (nominated by participating teams) and community-oriented dance programs, such as after-school dance clubs in our public school systems.

REGISTER ONLINE: MAMBOROOMDANCEATHON.COM

(757) 335-3317 | 400 West 21st Street, Unit B, Norfolk VA

afro cuban
Guest Instructor
YUDISLEIDY VALDES (DC)
MARCH 18



Workshops:
3-5pm Orishas, 5-6pm Rumba
Salsa Addicts Social:
8:30pm - Beginner Salsa, Tanya
9pm Son, Yudisleudy
Special Guest DJ AC

argentine tango
Guest Instructor
LINDA SUTTON
MARCH 25-26



Workshops:
Sat, 3-7pm Beginner Part 1
Sun, 1-5pm Part 2
Milonga Sat, 7-8pm

Learn in **ONE DAY!**

Salsa BACHATA KIZOMBA Swing
BEGINNER CRASH COURSES

All-Access Platinum Membership - All inclusive!

\$99 per month for one year / \$129 per month for six months
• Entry to ALL Mambo Room regular classes (dance and fitness), workshops and socials
• Discounts on guest instructors and special events • Free Mambo Room t-shirt at sign up
• 10% OFF shoes, apparel, and private lessons (does not include guest instructors)
• Guest passes for friends and family (See rules on website.)
• Referral program allowing Platinum members to earn free months (See rules on website.)

Dance Membership - Unlimited Dance

\$79 per month for one year / \$109 per month for six months
• Entry to all Mambo Room regular DANCE classes, workshops and socials
• Discounts on guest instructors and special events • Free Mambo Room t-shirt at sign up
• 10% OFF shoes, apparel, and private lessons (does not include guest instructors)
• Guest passes for friends and family (See rules on website.)
• Referral program allowing Dance members to earn free months (See rules on website.)

Fitness Membership - Unlimited Fitness

\$35 per month for one year / \$49 per month for six months
• Entry to all Mambo Room FITNESS classes • Free Mambo Room t-shirt at sign up!
• 10% OFF shoes and apparel. • Guest passes for friends and family. (See rules on website.)
• Referral program allowing Fit members to earn free months! (See rules on website.)

OTHER PAYMENT OPTIONS

10 Classes (dance & fitness), expires in 3 months \$140 (save \$10)
20 Classes (dance & fitness), expires in 6 months \$260 (save \$40)
30 Classes (dance & fitness), expires in 9 months \$360 (save \$90)
10 Fitness Classes, expires in 3 months \$59 (save \$11)

6 week series - expires at end of series \$85
4 week series - expires at end of series \$59
Dance Walk-ins \$15 per class
Fitness Walk-in \$7 per class

Private Lessons (1 hr) \$65 (single person or couple)
5 Private Lessons (1 hr each) \$300 (save \$25)
Private Lessons Master Inst. (1 hr) \$85 (single person or couple)
5 Private Lessons Master Inst. (1 hr each) ...\$399 (save \$26)

DISCOUNTS

Registered Student Discount Program
Military: \$5 off Package of 10 or more classes



Classes are subject to change.

www.MamboRoomDance.com
400 B W. 21st Street., Norfolk VA | (757) 351-6092

mambo room
DANCE & FITNESS

