

# 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</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:  MIXEDFIT</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</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:  MIXEDFIT</p> <p>7:30-8:25p: Salsa On2-200 Partnerwork &amp; 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 &amp; 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:  MIXEDFIT</p> <p style="background-color: yellow; text-align: center;"><b>Swing Crash Course</b> Learn to Dance in ONE Day! Get into the Social for FREE! 12-3p with Aly</p> <p>3-5p: <b>Afio Cuban Rumba and Cuban Modern Dance</b> Amanda</p> <p style="color: orange; font-style: italic;">Swing VASION</p> <p>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</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:  MIXEDFIT</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</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:  MIXEDFIT</p> <p>7:30-8:25p: Salsa On2-200 Partnerwork &amp; 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 &amp; 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:  MIXEDFIT</p> <p>11a-12p: Kids Hip Hop Party Nikkita</p> <p style="background-color: cyan; text-align: center;"><b>Bachata Crash Course</b> Learn to Dance in ONE Day! Get into the Social for FREE! 12-3p with Alvin/Helena</p> <p>5-7p: <b>Salsa Ladies Styling</b> with Sarah</p> <p style="background-color: cyan; text-align: center;"><b>BACHATA SOCIAL!</b></p> <p>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</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:  MIXEDFIT</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</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:  MIXEDFIT</p> <p>7:30-8:25p: Salsa On2-200 Partnerwork &amp; 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>17</p> <p>6-6:55: <b>Bachata Shines (Footwork)</b> Alvin &amp; 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:  MIXEDFIT</p> <p style="background-color: red; text-align: center;"><b>Salsa Crash Course</b> Learn to Dance in ONE Day! Get into the Social for FREE! 12-3p with Leroy</p> <p>Afro Cuban Guest Instructor Yudisleidy Valdes (DC) 3-5pm Orishas 5-6 Rumba</p> <p style="color: red; font-style: italic;">Salsa Addicts Social 8:30p-1a</p> <p>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</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:  MIXEDFIT</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</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:  MIXEDFIT</p> <p>7:30-8:25p: Salsa On2-200 Partnerwork &amp; 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: <b>Traditional Bachata Musicality</b> Alvin &amp; 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:  MIXEDFIT</p> <p>11a-12p: Kids Hip Hop Party Nikkita</p> <p style="background-color: purple; text-align: center;"><b>Kizomba Crash Course</b> Learn to Dance in ONE Day! 12-3p with Tanya</p> <p>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</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:  MIXEDFIT</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</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:  MIXEDFIT</p> <p>7:30-8:25p: Salsa On2-200 Partnerwork &amp; 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: <b>Bachata Ladies Styling</b> (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:  MIXEDFIT</p> <p style="background-color: yellow; text-align: center;"><b>Swing Crash Course</b> Learn to Dance in ONE Day! Get into the Social for FREE! 12-3p with Aly</p> <p>3-5p: <b>Afio Cuban Rumba and Cuban Modern Dance</b> Amanda</p> <p style="color: orange; font-style: italic;">Swing VASION</p> <p>6-11p: Swing Dance Party Beginner Swing Lesson @ 6pm w Jeff from Swing Virginia</p>



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



**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

**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](http://MAMBOROOMDANCEATHON.COM)

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

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

**mambo room**  
 DANCE & FITNESS

