

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

12 HOURS OF DANCE FOR CHARITY!

Dance for your favorite charity April 29th! See Back

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	<p>1</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: Bachata 200 Tanya/Shawn </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>2</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>3</p> <p>5:30-6:25p: JAZZERCISE </p> <p>6-6:55p: ZUMBA A</p> <p>6:30-7: Body Isolations 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 4) Tanya </p> <p>9-9:55p: Semba (6 wks: wk 4) Tanya </p>	<p>4</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 de Casino (6 wks: wk 3) Amanda </p> <p>9:30-10:25p: Casino Salsa Partnerwork (6 wks: wk 3) Amanda </p>	<p>5</p> <p>7-9p: Team Practice</p> <p>7-7:55p: Urban Bachata-100 (6 wks: wk 6) </p> <p>8-8:55 pm: Urban Bachata-101 (PREQ: Bachata 100) (6 wks: wk 6) </p> <p>9-9:55p: SALSA ESSENCE: Pachanga (4 wks: wk4) Tanya </p> <p> CINCO DE MAYO</p> <p><i>Celebration</i> 9p-1a </p> <p>2 Rooms! Salsa Bachata Kizomba Basic Salsa/Bachata Lesson @ 9p, Dorian Basic Kizomba Lesson @ 10:15p, Tanya</p>	<p>6</p> <p>10-11a: MIXXEDFIT N</p> <p>Swing Crash Course Learn to Dance in ONE Day! Get into the Social for FREE! 12-3p with Aly</p> <p>3-5pm: Belly Dancing with Nadira </p> <p>Swing VASION 6-11p: Swing Dance Party Beginner Swing Lesson @ 6pm w Jeff from Swing Virginia</p>
7	<p>8</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: Bachata 200 Tanya/Shawn </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>9</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) 100 - Intro (6 wks: wk 1) Aly </p> <p>8:30-9:25p: Vintage Swing (E. Coast) Level 101 (6 wks: wk 1) Aly </p>	<p>10</p> <p>5:30-6:25p: JAZZERCISE </p> <p>6-6:55p: ZUMBA A</p> <p>6:30-7: Body Isolations 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 5) Tanya </p> <p>9-9:55p: Semba (6 wks: wk 5) Tanya </p>	<p>11</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 de Casino (6 wks: wk 4) Amanda </p> <p>9:30-10:25p: Casino Salsa Partnerwork (6 wks: wk 4) Amanda </p>	<p>12</p> <p>7-9p: Team Practice</p> <p>7-7:55p: Bachata-100 (6 wks: wk 1) </p> <p>8-8:55 pm: Bachata-101 (PREQ: Bachata 100) (6 wks: wk 1) </p> <p>9-9:55p: SALSA ESSENCE: Timing (4 wks: wk 1) Tanya </p> <p><i>Latin Social</i> 9p-1a </p> <p>2 Rooms! Salsa Bachata Kizomba Basic Salsa/Bachata Lesson @ 9p, Dorian Basic Kizomba Lesson @ 10:15p, Tanya MAY BIRTHDAYS DANCE!</p>	<p>13</p> <p>10-11a: MIXXEDFIT N</p> <p>11a-12p: Kids Hip Hop Party Nikkita </p> <p>Bachata Crash Course Learn to Dance in ONE Day! Get into the Social for FREE! 12-3p</p> <p>3-5p: Salsa Ladies Styling with Sarah </p> <p>BACHATA SOCIAL! 8:30p-2a: Bachata Dance Party Beginner Lesson @ 8:30p</p>
14	<p>15</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: Bachata 200 Tanya/Shawn </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>16</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) 100 - Intro (6 wks: wk 2) Aly </p> <p>8:30-9:25p: Vintage Swing (E. Coast) Level 101 (6 wks: wk 2) Aly </p>	<p>17</p> <p>5:30-6:25p: JAZZERCISE </p> <p>6-6:55p: ZUMBA A</p> <p>6:30-7: Body Isolations Sydney </p> <p>7-7:55p: Salsa On2-100 (Intro) (6 wks: wk 1) Dorian </p> <p>7-7:55p: Salsa On2-102 (PREQ: Salsa On2 101) (6 wks: wk 1) Tanya </p> <p>8-8:55p: Salsa On2-101 (PREQ: Salsa On2 100) (6 wks: wk 1) 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>18</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 de Casino (6 wks: wk 5) Amanda </p> <p>9:30-10:25p: Casino Salsa Partnerwork (6 wks: wk 5) Amanda </p>	<p>19</p> <p>7-9p: Team Practice</p> <p>7-7:55p: Bachata-100 (6 wks: wk 2) </p> <p>8-8:55 pm: Bachata-101 (PREQ: Bachata 100) (6 wks: wk 2) </p> <p>9-9:55p: SALSA ESSENCE: Timing (4 wks: wk 2) Tanya </p> <p><i>Latin Social</i> 9p-1a </p> <p>2 Rooms! Salsa Bachata Kizomba Basic Salsa/Bachata Lesson @ 9p, Dorian Basic Kizomba Lesson @ 10:15p, Tanya</p>	<p>20</p> <p>10-11a: MIXXEDFIT N</p> <p>Salsa Crash Course Learn to Dance in ONE Day! Get into the Social for FREE! 12-3p with Leroy</p> <p>3-5pm Salsa WHEELS with Tanya </p> <p>Salsa Addicts Social 8:30p-1a Beginner & Intermediate Salsa Lesson 8:30p, Dorian & Leroy</p>
21	<p>22</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: Bachata 200 Tanya/Shawn </p> <p>7:30-8:25p: Salsa On2-100 (Intro) (6 wks: wk 5) Sherrie </p> <p>8:30-9:25p: Salsa On2-101 (PREQ: Salsa On2 100) (6 wks: wk 5) Sherrie </p> <p>9:30-10:25p: Salsa On2-102 (PREQ: Salsa On2 101) (6 wks: wk 5) Ed </p>	<p>23</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) 100 - Intro (6 wks: wk 3) Aly </p> <p>8:30-9:25p: Vintage Swing (E. Coast) Level 101 (6 wks: wk 3) Aly </p>	<p>24</p> <p>5:30-6:25p: JAZZERCISE </p> <p>6-6:55p: ZUMBA A</p> <p>6:30-7: Body Isolations 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 1) Tanya </p> <p>9-9:55p: Semba (6 wks: wk 1) Tanya </p>	<p>25</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 de Casino (6 wks: wk 6) Amanda </p> <p>9:30-10:25p: Casino Salsa Partnerwork (6 wks: wk 6) Amanda </p>	<p>26</p> <p>7-9p: Team Practice</p> <p>7-7:55p: Bachata-100 (6 wks: wk 3) </p> <p>8-8:55 pm: Bachata-101 (PREQ: Bachata 100) (6 wks: wk 3) </p> <p>9-9:55p: SALSA ESSENCE: Timing (4 wks: wk 3) Tanya </p> <p><i>Latin Social</i> 9p-1a </p> <p>2 Rooms! Salsa Bachata Kizomba Basic Salsa/Bachata Lesson @ 9p, Dorian Basic Kizomba Lesson @ 10:15p, Tanya</p>	<p>27</p> <p>10-11a: MIXXEDFIT N</p> <p>11a-12p: Kids Hip Hop Party Nikkita </p> <p>Kizomba Crash Course Learn to Dance in ONE Day! 12-3 pm with Tanya</p> <p>3-5pm: Afro Cuban with Ife </p>
28	<p>29</p> <p>NO ZUMBA</p> <p>7:30-8:25p: Salsa On2-100 (Intro) (6 wks: wk 6) Sherrie </p> <p>8:30-9:25p: Salsa On2-101 (PREQ: Salsa On2 100) (6 wks: wk 6) Sherrie </p> <p>9:30-10:25p: Salsa On2-102 (PREQ: Salsa On2 101) (6 wks: wk 6) Ed </p> <p>NEW SALSA CLASSES START 6/5</p>	<p>30</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) 100 - Intro (6 wks: wk 4) Aly </p> <p>8:30-9:25p: Vintage Swing (E. Coast) Level 101 (6 wks: wk 4) Aly </p>	<p>31</p> <p>5:30-6:25p: JAZZERCISE </p> <p>6-6:55p: ZUMBA A</p> <p>6:30-7: Body Isolations 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 2) Tanya </p> <p>9-9:55p: Semba (6 wks: wk 2) Tanya </p>	<p>1</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 de Casino (6 wks: wk 1) Amanda </p> <p>9:30-10:25p: Casino Salsa Partnerwork (6 wks: wk 1) Amanda </p>	<p>2</p> <p>7-9p: Team Practice</p> <p>7-7:55p: Bachata-100 (6 wks: wk 4) </p> <p>8-8:55 pm: Bachata-101 (PREQ: Bachata 100) (6 wks: wk 4) </p> <p>9-9:55p: SALSA ESSENCE: Timing (4 wks: wk 4) Tanya </p> <p><i>Latin Social</i> 9p-1a </p> <p>2 Rooms! Salsa Bachata Kizomba Basic Salsa/Bachata Lesson @ 9p, Dorian Basic Kizomba Lesson @ 10:15p, Tanya</p>	<p>3</p> <p>10-11a: MIXXEDFIT N</p> <p>Swing Crash Course Learn to Dance in ONE Day! Get into the Social for FREE! 12-3p with Aly</p> <p>3-5pm: Afro Cuban Rumba & Cuban Modern Dance with Amanda </p> <p>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



APR 29,
10AM-10PM

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

AFTER PARTY TILL 2AM
WITH LIVE SALSA BAND!

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

REGISTER ONLINE:

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

MAMBOROOMDANCEATHON.COM



Salsa **WHEELS**

May 20th 3-5pm, \$25 per person

Learn how to understand Salsa music and how to express yourself dancing salsa in your wheelchair!



CELEBRATION

May 5th, 9pm-1am

Salsa/Bachata Lesson • Beer & Wine • Social Dancing

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

