

PERFORM WITH YOUR FAVORITE INSTRUCTOR! @ the 10 Year Anniversary Showcase in Sept.

DEADLINE TO SIGN UP
JULY 30TH
See back for details.



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30</p> <p>TEAM PRACTICES</p>	<p>31</p> <p>5:30-6:25p: JAZZERCISE ■</p> <p>6:30-7:25p: ZUMBA ■ S</p> <p>7:30-8:25p: Bachata 200 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>1</p> <p>5:30-6:25p: JAZZERCISE ■</p> <p>6:30-7:25p: MIXXEDFIT ■ K</p> <p>7:30-8:25p: Vintage Swing (E. Coast) 100 - Intro (6 wks: wk 6) Aly ■</p> <p>8:30-9:25p: Blues Bachata Fusion Aly ■</p>	<p>2</p> <p>5:30-6:25p: JAZZERCISE ■</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>3</p> <p>5:30-6:25p: 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 (1 wks: wk 6) Aly ■</p> <p>9:30-10:25p: Casino Salsa Partnerwork (1 wks: wk 6) Aly ■</p>	<p>4</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: Transitioning from On1 to On2 (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, Adrianna</p>	<p>5</p> <p><i>Swing</i> Crash Course Learn to Dance in ONE Day! Get into the Social for FREE! 12-3p with Aly</p> <p>3-5pm: <i>AfroCuban</i> with Iife ■</p> <p><i>Swing</i> VASION 6-11p: Swing Dance Party ■ Beginner Swing Lesson @ 6pm w Jeff from Swing Virginia</p>
<p>6</p> <p>RUEDA TEAM AUDITIONS 5:30-7:30 Details on Back</p> <p>TEAM PRACTICES</p>	<p>7</p> <p>5:30-6:25p: JAZZERCISE ■</p> <p>6:30-7:25p: ZUMBA ■ S</p> <p>7:30-8:25p: Bachata 200 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>8</p> <p>5:30-6:25p: 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: Blues Tango Fusion Aly ■</p>	<p>9</p> <p>5:30-6:25p: JAZZERCISE ■</p> <p>6:30-7: Body Isolations Sydney ■</p> <p>7-7:55p: Salsa On2-100 (Intro) BASIC SHINES Dorian ■</p> <p>7-7:55p: Salsa On2-102 TIMING Tanya ■</p> <p>8-8:55p: Salsa On2-101 WRAPS 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>10</p> <p>5:30-6:25p: 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) Aly ■</p> <p>9:30-10:25p: Casino Salsa Partnerwork (6 wks: wk 1) Aly ■</p>	<p>11</p> <p>7-7:55p: Bachata-100 (6 wks: wk 2) Dorian ■</p> <p>8-8:55 pm: Bachata-101 (PREQ: Bachata 100) (6 wks: wk 2) Dorian ■</p> <p>9-9:55p: SALSA ESSENCE: Transitioning from On1 to On2 (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, Adrianna</p>	<p>12</p> <p>BACHATA Crash Course Learn to Dance in ONE Day! Get into the Social for FREE! 12-3p with Shawn</p> <p>3-5pm: <i>West Coast Swing</i> with Samarah ■</p> <p>BACHATA SOCIAL! 8:30p-2a: Bachata Dance Party ■ Beginner Lesson @ 8:30p</p>
<p>13</p> <p>TEAM PRACTICES</p>	<p>14</p> <p>5:30-6:25p: JAZZERCISE ■</p> <p>6:30-7:25p: ZUMBA ■ S</p> <p>7:30-8:25p: Bachata 200 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>15</p> <p>5:30-6:25p: 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: Blues Basics Aly ■</p>	<p>16</p> <p>5:30-6:25p: JAZZERCISE ■</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 1) Tanya ■</p> <p>9-9:55p: Semba (6 wks: wk 1) Tanya ■</p>	<p>17</p> <p>5:30-6:25p: 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 2) Aly ■</p> <p>9:30-10:25p: Casino Salsa Partnerwork (6 wks: wk 2) Aly ■</p>	<p>18</p> <p>7-7:55p: Bachata-100 (6 wks: wk 3) Dorian ■</p> <p>8-8:55 pm: Bachata-101 (PREQ: Bachata 100) (6 wks: wk 3) Dorian ■</p> <p>9-9:55p: SALSA ESSENCE: Transitioning from On1 to On2 (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, Adrianna</p>	<p>19</p> <p><i>Salsa</i> Crash Course Learn to Dance in ONE Day! Get into the Social for FREE! 12-3p with Leroy</p> <p>3-5p: <i>intermediate Salsa turn patterns</i> with Psyson (from DC) & Tanya ■</p> <p><i>Salsa Addicts Social</i> 8:30p-1a ■ Beginner & Intermediate Salsa Lesson 8:30p, Dorian & Leroy</p>
<p>20</p> <p>TEAM PRACTICES</p>	<p>21</p> <p>5:30-6:25p: JAZZERCISE ■</p> <p>6:30-7:25p: ZUMBA ■ S</p> <p>7:30-8:25p: Bachata 200 Shawn ■</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>22</p> <p>5:30-6:25p: 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: Balboa Swing Dance Aly ■</p>	<p>23</p> <p>5:30-6:25p: JAZZERCISE ■</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 2) Tanya ■</p> <p>9-9:55p: Semba (6 wks: wk 2) Tanya ■</p>	<p>24</p> <p>5:30-6:25p: 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) Aly ■</p> <p>9:30-10:25p: Casino Salsa Partnerwork (6 wks: wk 3) Aly ■</p>	<p>25</p> <p>7-7:55p: Bachata-100 (6 wks: wk 4) Dorian ■</p> <p>8-8:55 pm: Bachata-101 (PREQ: Bachata 100) (6 wks: wk 4) Dorian ■</p> <p>9-9:55p: SALSA ESSENCE: Transitioning from On1 to On2 (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, Adrianna</p>	<p>26</p>
<p>27</p> <p>TEAM PRACTICES</p>	<p>28</p> <p>5:30-6:25p: JAZZERCISE ■</p> <p>6:30-7:25p: ZUMBA ■ S</p> <p>7:30-8:25p: Bachata 200 Shawn ■</p> <p>7:30-8:25p: Merengue Sherrie ■</p> <p>8:30-9:25p: Salsa On2-101 Footwork Shines Sherrie ■</p> <p>9:30-10:25p: Salsa On2-102 Partnerwork Ed ■</p>	<p>29</p> <p>5:30-6:25p: 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: West Coast Swing Dance Aly ■</p>	<p>30</p> <p>5:30-6:25p: JAZZERCISE ■</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 3) Tanya ■</p> <p>9-9:55p: Semba (6 wks: wk 3) Tanya ■</p>	<p>31</p> <p>5:30-6:25p: 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 4) Aly ■</p> <p>9:30-10:25p: Casino Salsa Partnerwork (6 wks: wk 4) Aly ■</p>	<p>1</p> <p>7-7:55p: Bachata-100 (6 wks: wk 5) Dorian ■</p> <p>8-8:55 pm: Bachata-101 (PREQ: Bachata 100) (6 wks: wk 5) Dorian ■</p> <p>9-9:55p: SALSA ESSENCE: Men & Women's Styling Inside Partnerwork (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, Adrianna</p>	<p>2</p> <p>KIZOMBA Crash Course At The BEACH! Learn to Dance in ONE Day! 12-3 pm with Tanya Kizomba Social 3-5pm 700 E. Ocean View Rain Location: Mambo Room</p> <p><i>Swing</i> Crash Course Learn to Dance in ONE Day! Stay for Social for FREE! 12-3p, Aly</p> <p><i>Swing</i> VASION 6-11p: Swing Dance Party ■ Beginner Swing Lesson @ 6pm w Jeff from Swing Virginia</p>



RUEDA TEAM AUDITIONS

Be a part of a fun dance team that will practice weekly and perform at Mambo Room and other local and regional events.

6 month commitment
\$85 per month / \$65 Dance Members
Practice: Thursdays 6:30-8:30 pm
Co-Directors Aly and Andrea

SUNDAY
AUG 6
5:30-7:30p

FUN, ENERGETIC, and LOTS OF LAUGHTER!!!

Rueda de casino is a salsa style from Cuba. It crossed over to Miami in the late 1980s and then exploded across the country and the world. Rueda de Casino is danced with multiple couples in a circle with one leader who calls out moves and step patterns switching off partners in different directions. Once the music gets going there's no stopping! It's a great way to meet other people and is the perfect dance for any social gathering!

mambo room
10 YEAR ANNIVERSARY
Celebration & Showcase
Save the Date September 30th
Guest Instructors | Performances | Social Dancing

PERFORM WITH YOUR FAVORITE INSTRUCTOR! @ the 10 Year Anniversary Showcase in Sept.

Perform with your FAVORITE Mambo Room Instructor or Trainee at the 10 year anniversary social, Sept 30th.

Packages include:

- Custom Choreography
- 10 Hours of Private Lessons with the instructor of your choice
- Performance at the Anniversary Celebration (Costume not included)

Master Instructor: \$695 | Instructor: \$595 | Instructor Trainee: \$495

Deadline to sign up: July 30th

See front desk for more information.



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

