

# JANUARY

*All Levels Welcome!*

# DANCE CLASSES

Instructor: Michele Sutherland | Location: Aerobics Room A

**EVERY MONDAY | 7-8 PM**

**January 4- 25**



Attend with a partner you live with or know well. Face coverings required. RSVP on Salix—See instructions and link for Salix online under "fitness" - Lakewoodnationalgc.com.

# \$40

## FOR A 4-CLASS PUNCH CARD

To purchase a punch card or for questions, please contact Sabina at [szhart@theiconteam.com](mailto:szhart@theiconteam.com)

Class limited to 5 couples - don't wait to sign up!  
One punch card covers 4 lessons. (per individual).

**Two different styles of dance will be covered in each class — RUMBA and HUSTLE!**

### RUMBA

One of the most beautiful slow Latin style dances, earning it's nickname as "The Dance of Love." Characterized by swaying hips, a still upper body, and close partner connections. Traditionally danced to slow Latin music, it is now common to dance the Rumba to current, popular ballads. Thus, the Rumba is a popular style for weddings and slow partner dancing.

### HUSTLE

A style that has elements of Latin dances (Salsa) and Swing (West Coast). Hustle was originally danced to Disco music but can be danced to many different types of medium tempo music like pop, rock, soul, hip hop, R&B and many other types of contemporary dance music.

Option for private dance lesson after class on Mondays at 8pm.  
Contact Sabina for more details and to purchase.  
Cost: \$65



### About The Instructor:

Michele is a DVIDA Certified Ballroom Instructor with over 20 years of experience as a dance teacher and professional. She teaches everything from Ballroom to Ballet, and loves sharing her knowledge and enthusiasm for dance with her students.

# **HOW TO SIGN UP FOR SALIX & MAKE RESERVATIONS FOR FITNESS & DANCE CLASSES**

## **TO CREATE AN ACCOUNT ON SALIX:**

1. Go to <https://app.salixreservations.com/#!login>
2. Click on "Create new member account"
3. Click on the down arrow to the far right of the red asterisk and choose "Resident Member"
4. Place cursor in the Facility Code box and type in "lwnresident" (all lowercase)
5. Place cursor in the Find Club box and type in "Lakewood National" and click find
6. Choose and highlight "Lakewood National Golf & C.C." and click "Next"
7. Fill out your player profile and click "OK"

## **MAKING RESERVATIONS:**

1. Each member will use his/her own username (email address) and create his/her own unique password.
2. To make a reservation, go to "Fitness Reservations" from the dashboard (on the left).
  - *Reservations can be made one week in advance for Michele's dance classes; but 3 days in advance for all fitness classes.*
3. Use the calendar (in top left of page) to find the day for which you would like to make a reservation (i.e., go to "Monday" 7:00pm to find dance).
4. If signing up for dance class/lessons, be sure to include your partner in the reservation, or have your partner sign up separately.
5. Please make sure to **remove** yourself from a reservation slot if you are unable to make it.

**Must have a class pass to attend.  
Purchase with Sabina in fitness center.**

**QUESTIONS? CONTACT SABINA Z. HART**  
[SZHART@THEICONTEAM.COM](mailto:SZHART@THEICONTEAM.COM)  
941.777.7016 (OFFICE)  
754.245.2136 (MOBILE)