

# APRIL 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

9AM	Power Hour	JS	1
10AM	Mixed Tape	BC	
5:30	Hard CORE - Arms	SR	
6:30	Dance Fit	SR	
6:30	Country Swing Level 2*	DS	
7:30	Country Swing Level 1	DS	
7:30-9	Salsa/Bachata Level 1.5*	MV	
7:30-9	Salsa/Bachata Level 2*	PV, SM	

9AM	Step & Sculpt	AV	2
5:30	Step & Sculpt	AV	
6:30	ReFit	BC	
6:30	Country Swing Practice		
6:30	Country 2-Step Level 1	HM	
7:30	West Coast Swing Level 2*	LA, JC	
7:30	West Coast Swing Level 3*	EZ, HM	

**West Coast Swing & Two Step Tuesday**  
Dancing at 8:30PM  
\$5/person

9AM	Totally Toned	JS	3
10AM	Core & Stretch	JH	
5:30	Hard CORE - Booty	SR	
6:30	Comin in HOT	SR	
6:30	West Coast Swing Level 1	LA, JC	
6:30	Casino Rueda Level 3*	MV	
7:30-9	Salsa/Bachata Level 2*	PV, SM	
7:30-9	Salsa/Bachata Level 3*	MS, KB	

9AM	Meet Me at the BARRE	AV	4
5:30	Strength Mixer	BK	
6:30	Turn Up Dance	DE	
7:30	503 Cardio Groove	BC	
6:30	Casino Rueda Level 2*	MV	
6:30-8	Salsa/Bachata Level 1	SG	
7:30	Casino Rueda Level 1	MV	

**TURN UP**  
Portland Oregon  
WITH RICK  
APRIL 6, 10AM-11:15AM  
APRIL 7, 1PM-2:15PM  
NOT INCLUDED IN MEMBERSHIP

9AM REV + Tone BC 6  
10AM Turn Up Master Class RC  
Not included in Membership

**CUBAN SALSA**  
WORKSHOPS & SOCIAL  
SAT APRIL 6TH  
REINIER & DANIELA FROM SEATTLE

See Website for more Info  
NOT INCLUDED IN MEMBERSHIP

9AM	TONE & Stretch	SR	7
10AM	Comin in HOT	SR	
1PM	Turn Up Master Class	RC	
Not included in Membership			
5	Country 2-Step Level 2*	HM	
5:30-7	Salsa/Bachata Level 1	SG	

**BALLROOM SUNDAY SOCIAL**  
BALLROOM DANCING ON THE MAIN FLOOR  
Ballroom Lesson at 6:15PM  
Dancing at 7:00PM  
\$10/person

9AM	Power Hour	JS	8
10AM	Mixed Tape	BC	
5:30	Hard CORE - Arms	SR	
6:30	Dance Fit	SR	
6:30	Country Swing Level 2*	DS	
7:30	Country Swing Level 1	DS	
7:30-9	Salsa/Bachata Level 1.5*	MV	
7:30-9	Salsa/Bachata Level 2*	PV, SM	

9AM	Step & Sculpt	AV	9
5:30	Step & Sculpt	AV	
6:30	ReFit	BC	
6:30	Country Swing Practice		
6:30	Country 2-Step Level 1	HM	
7:30	West Coast Swing Level 2*	LA, JC	
7:30	West Coast Swing Level 3*	EZ, HM	

**West Coast Swing & Two Step Tuesday**  
Dancing at 8:30PM  
\$5/person

9AM	Totally Toned	JS	10
10AM	Core & Stretch	JH	
5:30	Hard CORE - Booty	SR	
6:30	Comin in HOT	SR	
6:30	West Coast Swing Level 1	LA, JC	
6:30	Casino Rueda Level 3*	MV	
7:30-9	Salsa/Bachata Level 2*	PV, SM	
7:30-9	Salsa/Bachata Level 3*	MS, KB	

9AM	Meet Me at the BARRE	AV	11
5:30	Strength Mixer	BK	
6:30	Turn Up Dance	DE	
7:30	503 Cardio Groove	BC	
6:30	Casino Rueda Level 2*	MV	
6:30-8	Salsa/Bachata Level 1	SG	
7:30	Casino Rueda Level 1	MV	

**FRIDAY FUSION**  
3 FLOORS of DANCING  
COUNTRY NIGHT  
LATIN NIGHT  
Doors Open at 7:30  
Lessons at 7:45 & 8:30PM  
See website for more INFO  
\$15/person or 2 for \$20

9AM REV + Tone BC 13  
10AM Mixed Tape BC

Ron Bearden Presents  
**MACEY GARD BAND**

DOORS OPEN 7PM - COVER \$15 - \$25  
CHILDREN'S HOSPITAL FUNDRAISER  
SEE WEBSITE FOR MORE INFO

9AM	TONE & Stretch	SR	14
10AM	Comin in HOT	SR	
5	Country 2-Step Level 2*	HM	
5:30-7	Salsa/Bachata Level 1	SG	
6-7:30	FREE Country/WCS Practice	NEW	

PRIVATE EVENT RENTALS  
Contact us for availability

9AM	Power Hour	JS	15
10AM	Mixed Tape	BC	
5:30	Hard CORE - Arms	SR	
6:30	Dance Fit	SR	
6:30	Country Swing Level 2*	DS	
7:30	Country Swing Level 1	DS	
7:30-9	Salsa/Bachata Level 1.5*	MV	
7:30-9	Salsa/Bachata Level 2*	PV, SM	

9AM	Step & Sculpt	AV	16
5:30	Step & Sculpt	AV	
6:30	ReFit	BC	
6:30	Country Swing Practice		
6:30	Country 2-Step Level 1	HM	
7:30	West Coast Swing Level 2*	LA, JC	
7:30	West Coast Swing Level 3*	EZ, HM	

**West Coast Swing & Two Step Tuesday**  
Dancing at 8:30PM  
\$5/person

9AM	Totally Toned	JS	17
10AM	Core & Stretch	JH	
5:30	Hard CORE - Booty	SR	
6:30	Comin in HOT	SR	
6:30	West Coast Swing Level 1	LA, JC	
6:30	Casino Rueda Level 3*	MV	
7:30-9	Salsa/Bachata Level 2*	PV, SM	
7:30-9	Salsa/Bachata Level 3*	MS, KB	

9AM	Meet Me at the BARRE	AV	18
5:30	Strength Mixer	BK	
6:30	Turn Up Dance	DE	
7:30	503 Cardio Groove	BC	
6:30	Casino Rueda Level 2*	MV	
6:30-8	Salsa/Bachata Level 1	SG	
7:30	Casino Rueda Level 1	MV	

9AM Power Pilates JH 19  
10AM ReFit BC

PRIVATE EVENT RENTALS  
Contact us for availability

9AM REV + Tone BC 20  
10AM Mixed Tape BC

PRIVATE EVENT RENTALS  
Contact us for availability

9AM	TONE & Stretch	SR	21
10AM	Comin in HOT	SR	
5	Country 2-Step Level 2*	HM	
5:30-7	Salsa/Bachata Level 1	SG	
6-7:30	FREE Country/WCS Practice	NEW	

PRIVATE EVENT RENTALS  
Contact us for availability

9AM	Power Hour	JS	22
10AM	Mixed Tape	BC	
5:30	Hard CORE - Arms	SR	
6:30	Dance Fit	SR	
6:30	Country Swing Level 2*	DS	
7:30	Country Swing Level 1	DS	
7:30-9	Salsa/Bachata Level 1.5*	MV	
7:30-9	Salsa/Bachata Level 2*	PV, SM	

9AM	Step & Sculpt	AV	23
5:30	Step & Sculpt	AV	
6:30	ReFit	BC	
6:30	Country Swing Practice		
6:30	Country 2-Step Level 1	HM	
7:30	West Coast Swing Level 2*	LA, JC	
7:30	West Coast Swing Level 3*	EZ, HM	

**West Coast Swing & Two Step Tuesday**  
Dancing at 8:30PM  
\$5/person

9AM	Totally Toned	JS	24
10AM	Core & Stretch	JH	
5:30	Hard CORE - Booty	SR	
6:30	Comin in HOT	SR	
6:30	West Coast Swing Level 1	LA, JC	
6:30	Casino Rueda Level 3*	MV	
7:30-9	Salsa/Bachata Level 2*	PV, SM	
7:30-9	Salsa/Bachata Level 3*	MS, KB	

9AM	Meet Me at the BARRE	AV	25
5:30	Strength Mixer	BK	
6:30	Turn Up Dance	DE	
7:30	503 Cardio Groove	BC	
6:30	Casino Rueda Level 2*	MV	
6:30-8	Salsa/Bachata Level 1	SG	
7:30	Casino Rueda Level 1	MV	

9AM Power Pilates JH 26  
10AM ReFit BC

**FRIDAY FUSION**  
3 FLOORS of DANCING  
COUNTRY NIGHT  
LATIN NIGHT  
Doors Open at 7:30  
Lessons at 7:45 & 8:30PM  
See website for more INFO  
\$15/person or 2 for \$20

9AM REV + Tone BC 27  
10AM Mixed Tape BC

PRIVATE EVENT RENTALS  
Contact us for availability

9AM	TONE & Stretch	SR	28
10AM	Comin in HOT	SR	
1:30-4:30 ALL AGES FOLK DANCE SOCIAL \$10 / Included in Membership LT			
5	Country 2-Step Level 2*	HM	
5:30-7	Salsa/Bachata Level 1	SG	
6-7:30	FREE Country/WCS Practice	NEW	

PRIVATE EVENT RENTALS  
Contact us for availability

9AM	Power Hour	JS	29
10AM	Mixed Tape	BC	
5:30	Hard CORE - Arms	SR	
6:30	Dance Fit	SR	
6:30	Country Swing Level 2*	DS	
7:30	Country Swing Level 1	DS	
7:30-9	Salsa/Bachata Level 1.5*	MV	
7:30-9	Salsa/Bachata Level 2*	PV, SM	

9AM	Step & Sculpt	AV	30
5:30	Step & Sculpt	AV	
6:30	ReFit	BC	
6:30	Country Swing Practice		
6:30	Country 2-Step Level 1	HM	
7:30	West Coast Swing Level 2*	LA, JC	
7:30	West Coast Swing Level 3*	EZ, HM	

**West Coast Swing & Two Step Tuesday**  
Dancing at 8:30PM  
\$5/person

**INSTRUCTOR KEY**

AV	Amy V	JS	Jodie Swanegan
BC	Brenda Carlson	KB	Kristina Boulanger
BK	Brooke Kollie	LA	Luke Adams
DE	Danielle Everson	MS	Miles Schofield
DS	David Saylor	MV	Miguel Vazquez
EZ	Eric Zimmer	PV	Paul Venecia
HM	Haley Miller	SG	Shawn Gardner
JC	Jana Corneliusen	SM	Sierra Mullins
JD	Jenna Draggoo	SR	Syd Reed
JH	Janet Hewitt		

\* Indicates Instructor Approval REQUIRED

**DROP-IN CLASS RATES**

Fitness Classes	\$20/Class
Dance Classes	\$20 - \$25/Class
Morning Childcare	\$10/Session
Practice Passes available	\$6 - \$11/HR

■ = Fitness Class ■ = Dance Class  
↔ = Strength Class ♡ = Cardio Class

**SOCIALS**

SUN:	\$10 or INCLUDED in Membership
TUE:	\$5 or INCLUDED in Membership
FRI:	\$15/ 2 for \$20/ INC in Membership

SEE DETAILS ON ZEN PLANNER ONLINE

**FRIDAY FUSION**  
3 FLOORS of DANCING  
COUNTRY NIGHT  
LATIN NIGHT  
Doors Open at 7:30  
Lessons at 7:45 & 8:30PM  
See website for more INFO  
\$15/person or 2 for \$20

**Membership Options**

**INTRO - \$59/Mo**  
**STUDENT - \$70/Mo**  
**FITNESS - \$99/Mo**  
**ALL-ACCESS - \$120/Mo**

ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS