

SEPTEMBER

2023

Membership Options

INTRO - \$59/Mo

FITNESS - \$99/Mo

ALL-ACCESS - \$120/Mo

ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS

INSTRUCTOR KEY

AV	Amy V	JH	Janet Hewitt
BC	Brenda Carlson	JS	Jodie Swanegan
BK	Brooke Kolli	KB	Kristina Boulanger
BM	Bradley Montoya	LA	Luke Adams
BR	Brenda Russell	LC	Leonor Colbert
DB	Dominic Bridge	MS	Miles Schofield
DS	David Saylor	MV	Miguel Vazquez
EZ	Eric Zimmer	PV	Paul Venecia
HM	Haley Miller	SG	Shawn Gardner
IV	Iñaki Villanueva	SM	Sierra Mullins
JF	Joshua Faulkner	SR	Syd Reed
JC	Jana Corneliusen	TR	Tim & Ro

* 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

WED: \$10 or INCLUDED in Membership

FRI: \$15/ 2 for \$20/ INC in Membership

SEE DETAILS ON ZEN PLANNER ONLINE

9AM 10AM

Power Pilates ReFit

JH

BC

1

9AM 10AM

REV + Tone Mixxed Tape

BC

BC

2

HAPPY LABOR DAY

9AM 10AM

TONE & Stretch Comin in HOT

SR

SR

3

HAPPY LABOR DAY

9AM

Step & Sculpt

AV

5

5:30 6:30

Step & Sculpt ReFit

AV

BC

6:30

Country 2-Step Level 1

HM

6:30-8

Salsa/Bachata Level 1

SG

7:30

West Coast Swing Level 2*

LA, HM

7:30

West Coast Swing Level 3*

EZ

West Coast Swing & Two Step Tuesday

Dancing at 8:30PM

\$10/person

9AM 10AM

Totally Toned Core & Stretch

JS

JH

6

5:30 6:30

Hard CORE - Booty Comin in HOT

SR

SR

6:30

West Coast Swing Level 1

LA

6:30

Casino Rueda Level 3*

MV

7:30-9

Salsa/Bachata Level 2*

PV, SM

7:30-9

Salsa Master Class Level 3/4*

JF

9AM

Meet Me at the BARRE

AV

7

5:30 7:30

Lifting the BARRE 503 Cardio Groove

BK

BC

6:30

Casino Rueda Level 1

MV

6:30

Argentine Tango - All Levels

BR

7:30

Casino Rueda Level 2*

MV

8:30

Sensual Bachata Level 2+*

MS, KB

Argentine Tango Social

Dancing at 7:30PM

\$10/person

9AM 10AM

Power Pilates ReFit

JH

BC

8

9AM 10AM

REV + Tone Mixxed Tape

BC

BC

9

FRIDAY FUSION

4 FLOORS of DANCING

COUNTRY NIGHT LATIN NIGHT Indoor & Outdoor

Doors Open at 7:30

Lessons at 7:45 & 8:30PM

See website for more INFO

\$15/person or 2 for \$20

PRIVATE EVENT RENTALS

Contact us for availability

9AM 10AM

TONE & Stretch Comin in HOT

SR

SR

10

1:30-4:30

ALL AGES FOLK DANCE SOCIAL

\$10 / Included in Membership

LT

5

West Coast Swing Level 1

LA

6

Country 2-Step Level 2*

LA

6-7:30

Salsa/Bachata Level 1

PV, SM

9AM 10AM

Power Hour Mixxed Tape

JS

BC

11

5:30 6:30

Hard CORE - Arms Dance Fit

SR

SR

6:30

Country Swing Level 1

DS

7:30-9

Salsa/Bachata Level 2*

PV, SM

9AM

Step & Sculpt

AV

12

5:30 6:30

Step & Sculpt ReFit

AV

BC

6:30

Country 2-Step Level 1

HM

6:30-8

Salsa/Bachata Level 1

SG

7:30

West Coast Swing Level 2*

LA, HM

7:30

West Coast Swing Level 3*

EZ, JC

West Coast Swing & Two Step Tuesday

Dancing at 8:30PM

\$10/person

9AM 10AM

Totally Toned Core & Stretch

JS

JH

13

5:30 6:30

Hard CORE - Booty Comin in HOT

SR

SR

6:30

West Coast Swing Level 1

LA

6:30

Casino Rueda Level 3*

MV

7:30-9

Salsa/Bachata Level 2*

PV, SM

7:30-9

Salsa Master Class Level 3/4*

JF

9AM

Meet Me at the BARRE

AV

14

5:30 7:30

Lifting the BARRE 503 Cardio Groove

BK

BC

6:30

Casino Rueda Level 1

MV

6:30

Argentine Tango - All Levels

DB

7:30

Casino Rueda Level 2*

MV

8:30

Sensual Bachata Level 2+*

MS, KB

Argentine Tango Social

Dancing at 7:30PM

\$10/person

9AM 10AM

Power Pilates ReFit

JH

BC

15

PRIVATE EVENT RENTALS

Contact us for availability

9AM 10AM

REV + Tone Mixxed Tape

BC

BC

16

PRIVATE EVENT RENTALS

Contact us for availability

9AM 10AM

TONE & Stretch Comin in HOT

SR

SR

17

5

West Coast Swing Level 1

LA, JC

6

Country 2-Step Level 2*

LA, JC

SALSA IN THE PARK

FREE 6-9PM

Beaverton ROUND

See website for details

9AM 10AM

Power Hour Mixxed Tape

JS

BC

18

5:30 6:30

Hard CORE - Arms Dance Fit

SR

SR

6:30

Country Swing Level 1

DS

7:30-9

Salsa/Bachata Level 2*

PV, SM

9AM

Step & Sculpt

AV

19

5:30 6:30

Step & Sculpt ReFit

AV

BC

6:30

Country 2-Step Level 1

LA

6:30-8

Salsa/Bachata Level 1

SG

7:30

West Coast Swing Level 2*

LA, JC

7:30

West Coast Swing Level 3*

EZ

West Coast Swing & Two Step Tuesday

Dancing at 8:30PM

\$10/person

9AM 10AM

Totally Toned Core & Stretch

JS

JH

20

5:30 6:30

Hard CORE - Booty Comin in HOT

SR

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 3/4*

MV, SG

9AM

Meet Me at the BARRE

AV

21

5:30 7:30

Lifting the BARRE 503 Cardio Groove

BK

BC

6:30

Casino Rueda Level 1

MV

6:30

Argentine Tango - All Levels

LC

7:30

Casino Rueda Level 2*

MV

8:30

Sensual Bachata Level 2+*

IV, SM

Argentine Tango Social

Dancing at 7:30PM

\$10/person

9AM 10AM

Power Pilates ReFit

JH

BC

22

PRIVATE EVENT RENTALS

Contact us for availability

9AM 10AM

REV + Tone Mixxed Tape

BC

BC

23

PRIVATE EVENT RENTALS

Contact us for availability

9AM 10AM

TONE & Stretch Comin in HOT

SR

SR

24

5

West Coast Swing Level 1

LA, JC

6

Country 2-Step Level 2*

LA, JC

6-7:30

Salsa/Bachata Level 1

PV, SM

SUNDAY SOCIAL

WILL BE BACK ON OCT 8th

9AM 10AM

Power Hour Mixxed Tape

JS

BC

25

5:30 6:30

Hard CORE - Arms Dance Fit

SR

SR

6:30

Country Swing Level 1

DS

7:30-9

Salsa/Bachata Level 2*

PV, SM

9AM

Step & Sculpt

AV

26

5:30 6:30

Step & Sculpt ReFit

AV

BC

6:30

Country 2-Step Level 1

HM

6:30-8

Salsa/Bachata Level 1

SG

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

\$10/person

9AM 10AM

Totally Toned Core & Stretch

JS

JH

27

5:30 6:30

Hard CORE - Booty Comin in HOT

SR

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 3/4*

MV, SG

9AM

Meet Me at the BARRE

AV

28

5:30 7:30

Lifting the BARRE 503 Cardio Groove

BK

BC, SD

6:30

Casino Rueda Level 1

MV

6:30

Argentine Tango - All Levels

EZ

7:30

Casino Rueda Level 2*

MV

8:30

Sensual Bachata Level 2+*

IV, SM

Argentine Tango Social

Dancing at 7:30PM

\$10/person

9AM 10AM

Power Pilates ReFit

JH

BC

29

FRIDAY FUSION

4 FLOORS of DANCING with LIVE BAND: Pura Vida

Country Night & Latin Night

Lessons at 7:45 & 8:30PM

See website for more INFO

\$15/person or 2 for \$20

PRIVATE EVENT RENTALS

Contact us for availability

9AM 10AM

REV + Tone Mixxed Tape

BC

BC

30

PRIVATE EVENT RENTALS

Contact us for availability