

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# MARCH 2024

### INSTRUCTOR KEY

AV	Amy V	JS	Jodie Swanegan
BC	Brenda Carlson	KB	Kristina Boulanger
BK	Brooke Kollie	LA	Luke Adams
DE	Danielle Everson	LC	Leonor Colbert
DR	Debbie Rakfeldt	MS	Miles Schofield
DS	David Saylor	MV	Miguel Vazquez
EZ	Eric Zimmer	PV	Paul Venecia
HM	Haley Miller	SG	Shawn Gardner
JC	Jana Corneliussen	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: \$10 or INCLUDED in Membership  
 FRI: \$15/ 2 for \$20/ INC in Membership  
 SEE DETAILS ON ZEN PLANNER ONLINE

## Membership Options

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

ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS

9AM Power Pilates 10AM ReFit ⇄ JH ♡ BC	9AM REV + Tone 10AM Mixxed Tape ⇄ BC ♡ BC
PRIVATE EVENT RENTALS Contact us for availability	PRIVATE EVENT RENTALS Contact us for availability
9AM Power Pilates 10AM ReFit ⇄ JH ♡ BC	9AM REV + Tone 10AM Mixxed Tape ⇄ BC ♡ BC
<b>FRIDAY FUSION</b> 3 FLOORS of DANCING <b>COUNTRY NIGHT</b> <b>LATIN NIGHT</b> Doors Open at 7:30 Lessons at 7:45 & 8:30PM See website for more INFO \$15/person or 2 for \$20	
9AM Power Pilates 10AM ReFit ⇄ JH ♡ BC	9AM REV + Tone 10AM Mixxed Tape ⇄ BC ♡ BC
PRIVATE EVENT RENTALS Contact us for availability	<b>LATIN NIGHT</b> ON THE MAIN FLOOR Doors Open at 8:00 Lessons at 8:30 & 9:30PM See website for more INFO NOT INCLUDED IN MEMBERSHIP
9AM Power Pilates 10AM ReFit ⇄ JH ♡ BC	9AM REV + Tone 10AM Mixxed Tape ⇄ BC ♡ BC
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9AM TONE & Stretch  
10AM Comin in HOT  
⇄ SR  
♡ SR

4 Nightclub 2-Step Level 1  
5 Country 2-Step Level 2\*  
5:30-7 Salsa/Bachata Level 1  
LA, JC, SG

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

9AM TONE & Stretch  
10AM Comin in HOT  
⇄ SR  
♡ SR

4 Nightclub 2-Step Level 1  
5 Country 2-Step Level 2\*  
5:30-7 Salsa/Bachata Level 1  
LA, JC, SG

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9AM TONE & Stretch  
10AM Comin in HOT  
⇄ SR  
♡ SR

4 Nightclub 2-Step Level 1  
5 Country 2-Step Level 2\*  
5:30-7 Salsa/Bachata Level 1  
LA, JC, SG

**West Coast Swing Class & Social**  
 with Guest Instructors: DeBoers  
 Int/Adv/Class 6PM, Social 7PM  
 See website for more INFO  
 NOT INCLUDED IN MEMBERSHIP

9AM TONE & Stretch  
10AM Comin in HOT  
⇄ SR  
♡ SR

1:30-4:30 ALL AGES FOLK DANCE SOCIAL  
\$10 / Included in Membership  
LT

4 Nightclub 2-Step Level 1  
5 Country 2-Step Level 2\*  
5:30-7 Salsa/Bachata Level 1  
LA, JC, SG

**Happy Easter!**

9AM Power Hour  
10AM Mixxed Tape  
5:30 Hard CORE - Arms  
6:30 Dance Fit  
⇄ JS  
♡ BC  
⇄ SR  
♡ SR

6:30 Country Swing Level 2\*  
7:30 Country Swing Level 1  
7:30-9 Salsa/Bachata Level 1.5\*  
7:30-9 Salsa/Bachata Level 2\*  
DS, DS, MV, PV, SM

**SPECIAL SESSION**  
**SALSA/BACHATA LEVEL 1.5**  
 MONDAYS 7:30-9PM  
 PREPARING DANCERS FOR LEVEL 2

9AM Power Hour  
10AM Mixxed Tape  
5:30 Hard CORE - Arms  
6:30 Dance Fit  
⇄ JS  
♡ BC  
⇄ SR  
♡ SR

6:30 Country Swing Level 2\*  
7:30 Country Swing Level 1  
7:30-9 Salsa/Bachata Level 1.5\*  
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DS, DS, MV, PV, SM

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9AM Step & Sculpt  
5:30 Step & Sculpt  
6:30 ReFit  
♡ AV  
♡ AV  
♡ BC

6:30 Country Swing Practice  
6:30 Country 2-Step Level 1  
7:30 West Coast Swing Level 2\*  
7:30 West Coast Swing Level 3\*  
HM, LA, JC, EZ, HM

**West Coast Swing & Two Step Tuesday**  
 Dancing at 8:30PM  
 \$10/person

9AM Step & Sculpt  
5:30 Step & Sculpt  
6:30 ReFit  
♡ AV  
♡ AV  
♡ BC

6:30 Country Swing Practice  
6:30 Country 2-Step Level 1  
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7:30 West Coast Swing Level 3\*  
HM, LA, JC, EZ, HM

**West Coast Swing & Two Step Tuesday**  
 Dancing at 8:30PM  
 \$10/person

9AM Totally Toned  
10AM Core & Stretch  
5:30 Hard CORE - Booty  
6:30 Comin in HOT  
⇄ JS  
JH  
⇄ SR  
♡ SR

6:30 West Coast Swing Level 1  
6:30 Casino Rueda Level 3\*  
7:30-9 Salsa/Bachata Level 2\*  
7:30-9 Salsa/Bachata Level 3\*  
LA, JC, MV, PV, SM, MS, KB

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9AM Meet Me at the BARRE  
5:30 Strength Mixer  
6:30 Turn Up Dance  
7:30 503 Cardio Groove  
⇄ AV  
⇄ BK  
♡ DE  
♡ BC

6:30 Casino Rueda Level 2\*  
6:30-8 Salsa/Bachata Level 1  
7:30 Casino Rueda Level 1  
MV, SG, MV

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