

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# DECEMBER 2023

### INSTRUCTOR KEY

AV	Amy V	JH	Janet Hewitt
BC	Brenda Carlson	JS	Jodie Swanegan
BK	Brooke Kollie	KB	Kristina Boulanger
DR	Debbie Rakfeldt	LA	Luke Adams
DS	David Saylor	LC	Leonor Colbert
EZ	Eric Zimmer	MS	Miles Schofield
HM	Haley Miller	MV	Miguel Vazquez
IV	Iñaki Villanueva	PV	Paul Venecia
JF	Joshua Faulkner	SG	Shawn Gardner
JC	Jana Corneliusen	SM	Sierra Mullins
JD	Jenna Draggoo	SR	Syd Reed

\* 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

## Membership Options

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

ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS

9AM Power Pilates ↔ JH  
 10AM ReFit ♡ BC

EXPLORE DOWNTOWN TIGARD  
**HOLIDAY TREE LIGHTING**

LIGHTING @ LIBERTY PARK 12/1/2023, 6:45PM W/ SPECIAL APPEARANCE BY SANTA CLAUS

AFTER PARTY @ SHAWN GARDNER DANCE W/ COCOA, LIVE MUSIC, AND PICTURES WITH SANTA

**FREE - ALL AGES WELCOME**

9AM REV + Tone ↔ BC  
 10AM Mixed Tape ♡ BC

PRIVATE EVENT RENTALS  
 Contact us for availability

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

5 Cha Cha Level 1 **NEW** SG  
 6 Country 2-Step Level 2\* LA, JC  
 6-7:30 Salsa/Bachata Level 1 PV, JD

**2 ROOM SUNDAY SOCIAL BALLROOM/LATIN SALSA & BACHATA**  
 Lessons at 7PM, Dancing at 7:30PM  
**\$10/person**

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

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

9AM Step & Sculpt ♡ AV  
 10AM Mixed Tape ♡ BC

5:30 Step & Sculpt ♡ AV  
 6:30 ReFit ♡ 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 Totally Toned ↔ JS  
 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, JD  
 7:30-9 Salsa/Bachata Level 3/4\* MS, KB

9AM Meet Me at the BARRE ↔ AV  
 10AM Core & Stretch JH

5:30 Lifting the BARRE ↔ BK  
 7:30 503 Cardio Groove ♡ BC

6:30 Casino Rueda Level 2\* MV  
 7:30 Argentine Tango - All Levels LC  
 7:30 Casino Rueda Level 1 MV

Some above classes have NEW TIMES!

9AM Power Pilates ↔ JH  
 10AM ReFit ♡ BC

**RED & WHITE CHRISTMAS DANCE PARTY**

**3 FLOORS of DANCING SHOWS & FUN**

Lessons Start at 7:45  
 Dancing til 1am  
 See our website for more info

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 10AM Mixed Tape ♡ BC

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 10AM Comin in HOT ♡ SR

WITH DANI EVERSON  
 11:15-12:00 TURN UP DANCE  
 12-12:30 JUICY STRETCH

**FREE FITNESS POP-UP**

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

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 5:30 Hard CORE - Arms ↔ SR  
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6:30 West Coast Swing Level 1 LA, JC  
 6:30 Casino Rueda Level 3\* MV  
 7:30-9 Salsa/Bachata Level 2\* PV, JD  
 7:30-9 Salsa Master Class Level 3/4\* JF

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**JINGLE JAM HIT MACHINE**

Doors Open at 7PM, Pre-Sale Tickets - \$20  
 See website for more INFO  
**NOT INCLUDED IN MEMBERSHIP**

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

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**ALL SHOOK UP**

Christmas Eve  
 Workout 9 - 1030am

**Merry Christmas**

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 10AM Mixed Tape ♡ BC

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

9AM Totally Toned ↔ JS  
 10AM Core & Stretch JH

5:30 Hard CORE - Booty ↔ SR  
 6:30 Comin in HOT ♡ SR

7:00-8:30 SPINS & TURNS WORKSHOP  
 \$15/Members - \$25/Guests LA

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 10AM Core & Stretch JH

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 7:30 503 Cardio Groove ♡ BC

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 10AM Mixed Tape ♡ BC

**NYE 2024 SPARKLE**

SUN DEC 31 7PM-1AM

See our website for more info

Happy Holidays & Happy New Year! Partner dance classes resume Jan 3, 2024