

MAY 2023

9AM Power Hour SR **1**
 10AM Mixxed Tape BC
 5:30 Hard CORE - Arms SR
 6:30 Dance Fit SR

6:30-7:30 Argentine Tango Level JF
 7:30-8:30 Argentine Tango Level 2* JF
 7:30-9 Salsa/Bachata Level 1.5* SG

Special Session
Salsa/Bachata 1.5
 Ask your instructor if you should attend this SPECIAL class!

9AM Step & Sculpt AV **2**
 10AM Totally Toned JS
 5:30 Step & Sculpt AV
 6:30 ReFit BC

6:30-8 Salsa/Bachata Level 3* PV, SM
 6:30-8 Salsa/Bachata Level 4* MS, SG/KB
 8:00 Country 2-Step Level 2* LA
 8:00 Casino Rueda Level 3* MV

9AM Totally Toned JS **3**
 5:30 Hard CORE - Booty SR
 6:30 Comin in HOT SR

6:30 West Coast Swing Level 1 LA, JC
 7:30-9 Salsa/Bachata Level 2* PV, SG
 7:30 West Coast Swing Level 3/4* LA, JC
 7:30-8 Intro Argentine Tango JF

Mid-Week Social
West Coast Swing at 8:30PM
Argentine Tango at 8:00PM
\$10/person

9AM Meet Me at the BARRE AV **4**
 5:30 Lifting the BARRE BK
 7:30 503 Cardio Groove BC, SD

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

9AM Power Pilates JH **5**
 10AM ReFit BC

PRIVATE EVENT RENTALS
 Contact us for availability

9AM REV + Tone BC **6**
 10AM Mixxed Tape BC

PRIVATE EVENT RENTALS
 Contact us for availability

10AM Comin in HOT SR **7**
 11AM TONE & Stretch SR

5 Country 2-Step Level 1 LA, JC
 5 East Coast Swing Level 1 HW
 6 West Coast Swing Level 2* LA, JC
 6-7:30 Salsa/Bachata Level 1 PV, SM

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

9AM Power Hour SR **8**
 10AM Mixxed Tape BC
 5:30 Hard CORE - Arms SR
 6:30 Dance Fit SR

6:30-7:30 Argentine Tango Level JF
 7:30-8:30 Argentine Tango Level 2* JF
 7:30-9 Salsa/Bachata Level 1.5* SG

9AM Step & Sculpt AV **9**
 10AM Totally Toned JS
 5:30 Step & Sculpt AV
 6:30 ReFit BC

6:30-8 Salsa/Bachata Level 3* PV, SM
 6:30-8 Salsa/Bachata Level 4* MS, SG/KB
 8:00 Country 2-Step Level 2* LA
 8:00 Casino Rueda Level 3* MV

9AM Totally Toned JS **10**
 5:30 Hard CORE - Booty SR
 6:30 Comin in HOT SR

6:30 West Coast Swing Level 1 LA, JC
 7:30-9 Salsa/Bachata Level 2* PV, SG
 7:30 West Coast Swing Level 3/4* EZ, JC
 7:30-8 Intro Argentine Tango JF

Mid-Week Social
West Coast Swing at 8:30PM
Argentine Tango at 8:00PM
\$10/person

9AM Meet Me at the BARRE AV **11**
 5:30 Lifting the BARRE BK
 7:30 503 Cardio Groove BC, SD

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

9AM Power Pilates JH **12**
 10AM ReFit BC

FRIDAY FUSION
3 ROOMS of DANCING
Country & WCS
Salsa & Bachata
Cumbia

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 Mixxed Tape BC

PRIVATE EVENT RENTALS
 Contact us for availability

10AM Comin in HOT SR **14**
 11AM TONE & Stretch SR

5 Country 2-Step Level 1 LA, JC
 5 East Coast Swing Level 1 HW
 6 West Coast Swing Level 2* LA, JC
 6-7:30 Salsa/Bachata Level 1 PV, SM

9AM Power Hour SR **15**
 10AM Mixxed Tape BC
 5:30 Hard CORE - Arms SR
 6:30 Dance Fit SR

6:30-7:30 Argentine Tango Level JF
 7:30-8:30 Argentine Tango Level 2* JF
 7:30-9 Salsa/Bachata Level 1.5* SG

9AM Step & Sculpt AV **16**
 10AM Totally Toned JS
 5:30 Step & Sculpt AV
 6:30 ReFit BC

6:30-8 Salsa/Bachata Level 3* PV, SM
 6:30-8 Salsa/Bachata Level 4* MS, SG/KB
 8:00 Country 2-Step Level 2* LA
 8:00 Casino Rueda Level 3* MV

9AM Totally Toned JS **17**
 10AM Core & Stretch **NEW** JH
 5:30 Hard CORE - Booty SR
 6:30 Comin in HOT SR

6:30 West Coast Swing Level 1 LA, JC
 7:30-9 Salsa/Bachata Level 2* PV, SG
 7:30 West Coast Swing Level 3/4* EZ, JC
 7:30-8 Intro Argentine Tango JF

Mid-Week Social
West Coast Swing at 8:30PM
Argentine Tango at 8:00PM
\$10/person

9AM Meet Me at the BARRE AV **18**
 5:30 Lifting the BARRE BK
 7:30 503 Cardio Groove BC, SD

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

9AM Power Pilates JH **19**
 10AM ReFit BC

PRIVATE EVENT RENTALS
 Contact us for availability

9AM REV + Tone BC **20**
 10AM Mixxed Tape BC

PRIVATE EVENT RENTALS
 Contact us for availability

10AM Comin in HOT SR **21**
 11AM TONE & Stretch SR

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

5 Country 2-Step Level 1 LA, JC
 5 East Coast Swing Level 1 HW
 6 West Coast Swing Level 2* LA, JC
 6-7:30 Salsa/Bachata Level 1 PV, SM

2 ROOM SUNDAY SOCIAL
WC SWING SALSA & BACHATA
 Lessons 7-7:30, Dancing till 10PM
\$10/person

9AM Power Hour SR **22**
 10AM Mixxed Tape BC
 5:30 Hard CORE - Arms SR
 6:30 Dance Fit SR

6:30-7:30 Argentine Tango Level JF
 7:30-8:30 Argentine Tango Level 2* JF
 7:30-9 Salsa/Bachata Level 1.5* SG

9AM Step & Sculpt AV **23**
 10AM Totally Toned JS
 5:30 Step & Sculpt AV
 6:30 ReFit BC

6:30-8 Salsa/Bachata Level 3* PV, SM
 6:30-8 Salsa/Bachata Level 4* MS, SG/KB
 8:00 Country 2-Step Level 2* LA
 8:00 Casino Rueda Level 3* MV

9AM Totally Toned JS **24**
 10AM Core & Stretch **NEW** JH
 5:30 Hard CORE - Booty SR
 6:30 Comin in HOT SR

6:30 West Coast Swing Level 1 LA, JC
 7:30-9 Salsa/Bachata Level 2* PV, SG
 7:30 West Coast Swing Level 3/4* LA, JC
 7:30-8 Intro Argentine Tango JF

Mid-Week Social
West Coast Swing at 8:30PM
Argentine Tango at 8:00PM
\$10/person

9AM Meet Me at the BARRE AV **25**
 5:30 Lifting the BARRE BK
 7:30 503 Cardio Groove BC, SD

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

9AM Power Pilates JH **26**
 10AM ReFit BC

FRIDAY FUSION
3 ROOMS of DANCING with
LIVE BAND: SON de CUBA
Country & WCS
Salsa/Latin Mix
Bachata

Lessons at 7:45 & 8:00PM
 See website for more INFO
\$15/person or 2 for \$20

9AM REV + Tone BC **27**
 10AM Mixxed Tape BC

PRIVATE EVENT RENTALS
 Contact us for availability

10AM Comin in HOT SR **28**
 11AM TONE & Stretch SR

HAPPY MEMORIAL DAY WEEKEND!!
NO EVENING CLASSES

MEMORIAL DAY
REMEMBER AND HONOR

9AM Step & Sculpt AV **30**
 10AM Totally Toned JS
 5:30 Step & Sculpt AV
 6:30 ReFit BC

6:30-8 Salsa/Bachata Level 3* PV, SM
 6:30-8 Salsa/Bachata Level 4* MS, SG/KB
 8:00 Country 2-Step Level 2* LA
 8:00 Casino Rueda Level 3* MV

9AM Totally Toned JS **31**
 10AM Core & Stretch **NEW** JH
 5:30 Hard CORE - Booty SR
 6:30 Comin in HOT SR

6:30 West Coast Swing Level 1 LA, JC
 7:30-9 Salsa/Bachata Level 2* PV, SG
 7:30 West Coast Swing Level 3/4* LA, JC
 7:30-8 Intro Argentine Tango JF

Mid-Week Social
West Coast Swing at 8:30PM
Argentine Tango at 8:00PM
\$10/person

Membership Options

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

ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS

INSTRUCTOR KEY

AH Amber Haider	JS Jodie Swanegan
AV Amy V	KB Kristina Boulanger
AJ Ayana Johnston	LA Luke Adams
BC Brenda Carlson	MS Miles Schofield
BK Brooke Kollie	MV Miguel Vazquez
DR Debbie Rakfeldt	PV Paul Venecia
EZ Eric Zimmer	SD Sara Decker
HW Haley Wayt	SG Shawn Gardner
JF Joe Ferreira	SM Sierra Mullins
JC Jana Cornellusen	SR Syd Reed
JH Janet Hewitt	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 Classes
 █ = Dance Classes

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