

# DECEMBER 2022

### DROP-IN CLASS RATES

Fitness Classes \$15 - \$20/Class  
 Dance Classes \$15 - \$25/Class  
 Youth Programs \$5 - \$15/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**

### INSTRUCTOR KEY

AH	Amber Haider	LA	Luke Adams
AV	Amy V	LT	Lauri Tauscher
AJ	Ayana Johnston	MS	Miles Schofield
BC	Brenda Carlson	MV	Miguel Vazquez
BK	Brooke Kollie	NT	Nicki Taylor
BR	Brenda Russell	PV	Paul Venecia
DR	Debbie Rakfeldt	SG	Shawn Gardner
EZ	Eric Zimmer	SM	Sierra Mullins
JF	Joe Ferreira	SO	Sarah Olson
JC	Jana Corneliusen	SR	Syd Reed
JH	Janet Hewitt	TB	Tim Bauer
KB	Kristina Boulanger	TR	Tim & Ro

### MEMBERSHIP \$95/ MONTH

**INCLUDES:**  
**ALL CLASSES!**  
**ALL SOCIALS!**

**SIGN UP TODAY!!**

\* Indicates Instructor Approval REQUIRED

10AM Comin in HOT SR **4**  
 11AM TONE & Stretch SR

5 Country 2-Step Level 1 DR  
 5 Country 2-Step Level 2\* TB  
 6 Waltz Level 2 SG  
 6-7:30 Salsa/Bachata Level 1 PV, SM

**2 ROOM SUNDAY SOCIAL BALLROOM SALSA & BACHATA**  
 Lessons 7-7:30 Dancing til 10pm  
**\$10 or Included in Membership**

10AM Comin in HOT SR **11**  
 11AM TONE & Stretch SR  
 2:30-7 ALL AGES FOLK DANCE SOCIAL \$10 / Included in Membership LT

5 Country 2-Step Level 1 DR  
 5 Country 2-Step Level 2\* TB  
 6 Waltz Level 2 SG  
 6-7:30 Salsa/Bachata Level 1 PV, SM

**2 ROOM SUNDAY SOCIAL WEST COAST SWING SALSA & BACHATA - BAR & FOOD**  
 Lessons 7-7:30 Dancing til 10pm  
**\$10 or Included in Membership**

10AM Comin in HOT SR **18**  
 11AM TONE & Stretch SR

5 Country 2-Step Level 1 DR  
 5 Country 2-Step Level 2\* TB  
 6 Waltz Level 2 SG  
 6-7:30 Salsa/Bachata Level 1 PV, SM

**2 ROOM SUNDAY SOCIAL WEST COAST SWING SALSA & BACHATA - BAR & FOOD**  
 Lessons 7-7:30 Dancing til 10pm  
**\$10 or Included in Membership**

**Merry Christmas**

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

6:30-7:30 Argentine Tango Level 1 JF  
 7:30-8:30 Argentine Tango Level 2\* JF

9AM Power Hour SR **12**  
 10AM Mixxed Tape BC  
 5:30 Hard CORE - Arms SR  
 6:30 Dance Fit SR

6:30-7:30 Argentine Tango Level 1 JF  
 7:30-8:30 Argentine Tango Level 2\* JF

9AM Power Hour SR **19**  
 10AM Mixxed Tape BC  
 5:30 Hard CORE - Arms SR  
 6:30 Dance Fit SR

6:30-7:30 Argentine Tango Level 1 JF  
 7:30-8:30 Argentine Tango Level 2\* JF

9AM Power Hour SR **26**  
 10AM Mixxed Tape BC  
 5:30 Hard CORE - Arms SR  
 6:30 Dance Fit SR

9AM Step & Sculpt AV **6**  
 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, KB  
 8:00 West Coast Swing Level 2\* DR  
 8:00 Casino Rueda Level 3\* MV

9AM Step & Sculpt AV **13**  
 10AM Mixxed Tape BC  
 5:30 Step & Sculpt AV  
 6:30 ReFit BC

6:30-8 Salsa/Bachata Level 3\* PV, SG  
 6:30-8 Salsa/Bachata Level 4\* MS, SM  
 8:00 West Coast Swing Level 2\* DR  
 8:00 Casino Rueda Level 3\* MV

9AM Step & Sculpt AV **20**  
 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, KB  
 8:00 West Coast Swing Level 2\* DR  
 8:00 Casino Rueda Level 3\* MV

9AM Step & Sculpt AV **27**  
 5:30 Step & Sculpt AV  
 6:30 ReFit BC

9AM Body Sculpt NT **7**  
 10AM Dance Mix NT  
 5:30 Hard CORE - Booty SR  
 6:30 Comin in HOT SR

6:30 West Coast Swing Level 1 DR, JC  
 7:30-9 Salsa/Bachata Level 2\* PV, SO  
 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  
 Arg Tango Practica at 8:00PM  
**\$10 or Included in Membership**

9AM Body Sculpt NT **14**  
 10AM Dance Mix NT  
 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, SO  
 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  
 Arg Tango Practica at 8:00PM  
**\$10 or Included in Membership**

9AM Body Sculpt NT **21**  
 10AM Dance Mix NT  
 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, SO  
 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  
 Arg Tango Practica at 8:00PM  
**\$10 or Included in Membership**

9AM Body Sculpt NT **28**  
 10AM Dance Mix NT  
 5:30 Hard CORE - Booty SR  
 6:30 Comin in HOT SR

9AM Meet Me at the BARRE AV **1**  
 5:30 BARRE Mixer BK  
 6:30 Latin Groove AJ  
 7:30 503 Cardio Groove BC

6:30 East Coast Swing Level 1 DR  
 6:30-8 Salsa/Bachata Level 1 SG  
 7:30 Casino Rueda Level 1 MV  
 8:30 Casino Rueda Level 2\* MV

9AM Meet Me at the BARRE AV **15**  
 5:30 BARRE Mixer BK  
 6:30 Latin Groove AJ  
 7:30 503 Cardio Groove BC

6:30 East Coast Swing Level 1 DR  
 6:30-8 Salsa/Bachata Level 1 SG  
 7:30 Casino Rueda Level 1 MV  
 8:30 Casino Rueda Level 2\* MV

9AM Meet Me at the BARRE AV **22**  
 5:30 BARRE Mixer BK  
 6:30 Latin Groove AJ  
 7:30 503 Cardio Groove BC

6:30 East Coast Swing Level 1 DR  
 6:30-8 Salsa/Bachata Level 1 SG  
 7:30 Casino Rueda Level 1 MV  
 8:30 Casino Rueda Level 2\* MV

9AM Meet Me at the BARRE AV **29**  
 5:30 BARRE Mixer BK  
 6:30 Latin Groove AJ  
 7:30 503 Cardio Groove BC

9AM Power Pilates JH **2**  
 10AM ReFit BC

**RED & WHITE CHRISTMAS DANCE PARTY**  
 3 ROOMS of DANCING SHOWS & FUN  
 Lessons Start at 7:45 Dancing til 1am  
 See our website for more info

9AM Power Pilates JH **16**  
 10AM ReFit BC

PRIVATE EVENT RENTALS  
 Contact us for availability

9AM Power Pilates JH **23**  
 10AM ReFit BC

PRIVATE EVENT RENTALS  
 Contact us for availability

9AM Power Pilates JH **30**  
 10AM ReFit BC

9AM REV+Flow BC **3**  
 10AM Pop-up: Club Dance AH

**DEC 03 CLUBDANCE POP-UP CLASS FREE**  
 with special guest instructor Amber Haider

9AM REV+Flow BC **10**  
 10AM Mixxed Tape BC

PRIVATE EVENT RENTALS  
 Contact us for availability

9AM REV+Flow BC **17**  
 10AM Mixxed Tape BC

PRIVATE EVENT RENTALS  
 Contact us for availability

**ALL SHOOK UP**  
 Christmas Eve PRE-FUNK Workout w/ Amy, Ayana, Brenda & Syd

9AM REV+Flow BC **24**  
 10AM Mixxed Tape BC

**NYE 2023 DANCE PARTY**  
 Lessons Start at 7:45  
 3 ROOMS of DANCING SHOWS & FUN  
 See our website for more info

## Happy Holidays & Happy New Year!!