

FEBRUARY 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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 Corneliusen	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	Meet Me at the BARRE	↔	AV	1
5:30	Strength Mixer	↔	BK	
6:30	Turn Up Dance	↔	DE	
7:30	503 Cardio Groove	↔	BC	

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

LADIES TEAM TRIAL
 8:15-9:45pm
 Level 2+ & INT FREE
 See info on website

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

PRIVATE EVENT RENTALS
 Contact us for availability

9AM	REV + Tone	↔	BC	3
10AM	Mixed Tape	↔	BC	



GRAND WINTER BALL
 Presented by Ron Bearden & SGD
 Doors Open at 7PM. See our website for more INFO
NOT INCLUDED IN MEMBERSHIP

9AM	TONE & Stretch	↔	SR	4
10AM	Comin in HOT	↔	SR	

9AM	Power Hour	↔	JS	5
10AM	Mixed 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	

9AM	Totally Toned	↔	JS	7
10AM	Core & Stretch	↔	JH	
5:30	Hard CORE - Booty	↔	SR	
6:30	Comin in HOT	↔	SR	

9AM	Meet Me at the BARRE	↔	AV	8
5:30	Strength Mixer	↔	BK	
6:30	Turn Up Dance	↔	DE	
7:30	503 Cardio Groove	↔	BC	

9AM	Power Pilates	↔	JH	9
10AM	ReFit	↔	BC	

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

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

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

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

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*		MS, KB	

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

FRIDAY FUSION
 3 ROOMS of DANCING
 Country Night & Latin Night

\$20/person or 2 for \$30
 See UPCOMING EVENTS for more info

PRIVATE EVENT RENTALS
 Contact us for availability

9AM	TONE & Stretch	↔	SR	11
10AM	Comin in HOT	↔	SR	

9AM	Power Hour	↔	JS	12
10AM	Mixed Tape	↔	BC	
5:30	Hard CORE - Arms	↔	SR	
6:30	Dance Fit	↔	SR	

9AM	Step & Sculpt	↔	AV	13
5:30	Step & Sculpt	↔	AV	
6:30	ReFit	↔	BC	

9AM	Totally Toned	↔	JS	14
10AM	Core & Stretch	↔	JH	
5:30	Hard CORE - Booty	↔	SR	
6:30	V-Day Dance MASH Up		SR, BC, DE	

9AM	Meet Me at the BARRE	↔	AV	15
5:30	Strength Mixer	↔	BK	
6:30	Turn Up Dance	↔	DE	
7:30	503 Cardio Groove	↔	BC	

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

9AM	REV + Tone	↔	BC	17
10AM	Mixed Tape	↔	BC	

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

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

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

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*		MS, KB	

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

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9AM	TONE & Stretch	↔	SR	18
10AM	Comin in HOT	↔	SR	

9AM	Power Hour	↔	JS	19
10AM	Mixed Tape	↔	BC	
5:30	Hard CORE - Arms	↔	SR	
6:30	Dance Fit	↔	SR	

9AM	Step & Sculpt	↔	AV	20
5:30	Step & Sculpt	↔	AV	
6:30	ReFit	↔	BC	

9AM	Totally Toned	↔	JS	21
10AM	Core & Stretch	↔	JH	
5:30	Hard CORE - Booty	↔	SR	
6:30	Comin in HOT	↔	SR	

9AM	Meet Me at the BARRE	↔	AV	22
5:30	Strength Mixer	↔	BK	
6:30	Turn Up Dance	↔	DE	
7:30	503 Cardio Groove	↔	BC	

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

9AM	REV + Tone	↔	BC	24
10AM	Mixed Tape	↔	BC	

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

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

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

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*		MS, KB	

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

FRIDAY FUSION
 3 FLOORS of DANCING
 COUNTRY NIGHT
 LATIN NIGHT
 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	TONE & Stretch	↔	SR	25
10AM	Comin in HOT	↔	SR	

9AM	Power Hour	↔	JS	26
10AM	Mixed Tape	↔	BC	
5:30	Hard CORE - Arms	↔	SR	
6:30	Dance Fit	↔	SR	

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

9AM	Totally Toned	↔	JS	28
10AM	Core & Stretch	↔	JH	
5:30	Hard CORE - Booty	↔	SR	
6:30	Comin in HOT	↔	SR	

9AM	Meet Me at the BARRE	↔	AV	29
5:30	Lifting the BARRE	↔	BK	
7:30	503 Cardio Groove	↔	BC	

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

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

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

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*		MS, KB	

LEAP YEAR PARTY
 RON BEARDEN PRESENTS

GIRL CRUSH
 THUR FEB 29 DOORS OPEN 7PM

NEW YEAR NEW YOU
 SIGN UP FOR MEMBERSHIP TODAY
 Ends FEB 29th
 LIMITED TIME - SIGN UP & GET ONE MONTH FREE!
 WWW.SHAWNGARDNERDANCING.COM