

# JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>1</b> 9AM Power Hour SR 10AM Mixxed Tape BC 5:30 Hard CORE - Arms SR 6:30 Dance Fit SR  <b>8</b> 10AM Comin in HOT SR 11AM TONE & Stretch SR  5 Country 2-Step Level 1 LA 5 Country 2-Step Level 2* TB 6 Waltz Level 2* SG 6-7:30 Salsa/Bachata Level 1 PV, SM  <b>2 ROOM SUNDAY SOCIAL BALLROOM SALSA &amp; BACHATA</b> Lessons 7-7:30 Dancing til 10pm <b>\$10 or Included in Membership</b>	<b>2</b> 9AM Power Hour SR 10AM Mixxed Tape BC 5:30 Hard CORE - Arms SR 6:30 Dance Fit SR  <b>9</b> 9AM Power Hour SR 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	<b>3</b> 9AM Step & Sculpt AV 10AM Totally Toned NEW 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, KB 8:00 West Coast Swing Level 2* DR 8:00 Casino Rueda Level 3* MV	<b>4</b> 9AM REV + Tone BC 10AM Club Dance NEW AH 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  <b>Mid-Week Social</b> <b>West Coast Swing at 8:30PM</b> <b>Arg Tango Practica at 8:00PM</b> <b>\$10 or Included in Membership</b>	<b>5</b> 9AM Meet Me at the BARRE AV 5:30 Lifting the BARRE NEW BK 7:30 503 Cardio Groove BC  6:30-8 Salsa/Bachata Level 1 SG 7:30 Casino Rueda Level 1 MV 8:30 Casino Rueda Level 2* MV	<b>6</b> 9AM Power Pilates JH 10AM ReFit BC  6:30-11 ALL AGES FOLK DANCE SOCIAL \$10 / Included in Membership LT  <div style="border: 1px solid black; padding: 5px; text-align: center;">PRIVATE EVENT RENTALS Contact us for availability</div>	<b>7</b> 9AM REV + Tone BC 10AM Mixxed Tape BC   <div style="border: 1px solid black; padding: 5px; text-align: center;">PRIVATE EVENT RENTALS Contact us for availability</div>	
<b>15</b> 10AM Comin in HOT SR 11AM TONE & Stretch SR  5 Country 2-Step Level 1 LA 5 Country 2-Step Level 2* TB 6 Waltz Level 2* SG 6-7:30 Salsa/Bachata Level 1 PV, SM	<b>16</b> 9AM Power Hour SR 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	<b>17</b> 9AM Step & Sculpt AV 10AM Totally Toned NEW 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, KB 8:00 West Coast Swing Level 2* DR 8:00 Casino Rueda Level 3* MV	<b>18</b> 9AM REV + Tone BC 10AM Club Dance NEW AH 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* EZ, JC 7:30-8 Intro Argentine Tango DB  <b>Mid-Week Social</b> <b>West Coast Swing at 8:30PM</b> <b>Arg Tango Practica at 8:00PM</b> <b>\$10 or Included in Membership</b>	<b>19</b> 9AM Meet Me at the BARRE AV 5:30 Lifting the BARRE NEW BK 7:30 503 Cardio Groove BC  6:30-8 Salsa/Bachata Level 1 SG 7:30 Casino Rueda Level 1 MV 8:30 Casino Rueda Level 2* MV	<b>20</b> 9AM Power Pilates JH 10AM ReFit BC   <b>GRAND WINTER BALL</b> Presented by Ron Bearden & SGD Doors Open at 7PM, See our website for more INFO <b>NOT INCLUDED IN MEMBERSHIP</b>	<b>21</b> 9AM REV + Tone BC 10AM Mixxed Tape BC   <b>PDX TANGO INTENSIVE with Dominic Bridge</b> <b>January 20-23, 2023</b> Ask Front Desk for more INFO <b>NOT INCLUDED IN MEMBERSHIP</b>	
<b>22</b> 10AM Comin in HOT SR 11AM TONE & Stretch SR  5 Country 2-Step Level 1 LA 5 Country 2-Step Level 2* TB 6 Waltz Level 2* SG 6-7:30 Salsa/Bachata Level 1 PV, SM  <b>2 ROOM SUNDAY SOCIAL WEST COAST SWING SALSA &amp; BACHATA - BAR &amp; FOOD</b> Lessons 7-7:30 Dancing til 10pm <b>\$10 or Included in Membership</b>	<b>23</b> 9AM Power Hour SR 10AM Mixxed Tape BC 5:30 Hard CORE - Arms SR 6:30 Dance Fit SR  7:30-9 Argentine Tango Workshop DB	<b>24</b> 9AM Step & Sculpt AV 10AM Totally Toned NEW 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, KB 8:00 West Coast Swing Level 2* DR 8:00 Casino Rueda Level 3* MV	<b>25</b> 9AM REV + Tone BC 10AM Club Dance NEW AH 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* EZ, JC 7:30-8 Intro Argentine Tango JF  <b>Mid-Week Social</b> <b>West Coast Swing at 8:30PM</b> <b>Arg Tango Practica at 8:00PM</b> <b>\$10 or Included in Membership</b>	<b>26</b> 9AM Meet Me at the BARRE AV 5:30 Lifting the BARRE NEW BK 7:30 503 Cardio Groove BC  6:30-8 Salsa/Bachata Level 1 SG 7:30 Casino Rueda Level 1 MV 8:30 Casino Rueda Level 2* MV	<b>27</b> 9AM Power Pilates JH 10AM ReFit BC   <b>FRIDAY FUSION</b> <b>3 ROOMS of DANCING</b> <b>Country Mix, Salsa and Bachata</b> Lessons at 7:45 & 8:30PM See website for more INFO <b>\$15, 2 for \$20 or Membership</b>	<b>28</b> 9AM REV + Tone BC 10AM Mixxed Tape BC   <b>MILONGA de PRIMERA TANGO SOCIAL</b> Hosted By: Dominick Bridge & Joe Ferreira LESSON STARTING at 7:30PM SEE OUR WEBSITE FOR MORE INFO <b>NOT INCLUDED IN MEMBERSHIP</b>	
<b>29</b> 10AM Comin in HOT SR 11AM TONE & Stretch SR  5 Country 2-Step Level 1 LA 5 Country 2-Step Level 2* TB 6 Waltz Level 2* SG 6-7:30 Salsa/Bachata Level 1 PV, SM	<b>30</b> 9AM Power Hour SR 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	<b>31</b> 9AM Step & Sculpt AV 10AM Totally Toned NEW 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, KB 8:00 West Coast Swing Level 2* DR 8:00 Casino Rueda Level 3* MV	<b>MEMBERSHIP \$95/ MONTH</b>  <b>INCLUDES: ALL CLASSES! ALL SOCIALS!</b> <b>SIGN UP TODAY!!</b> * Indicates Instructor Approval REQUIRED <b>SEE DETAILS ON ZEN PLANNER ONLINE</b>			<b>DROP-IN CLASS RATES</b> Fitness Classes \$20/Class Dance Classes \$19 - \$25/Class Morning Childcare \$10/Session Practice Passes available \$6 - \$11/HR ■ = Fitness Classes ■ = Dance Classes  <b>SOCIALS</b> SUN: \$10 or INCLUDED in Membership WED: \$10 or INCLUDED in Membership FRI: \$15/ 2 for \$20/ INC in Membership <b>SEE DETAILS ON ZEN PLANNER ONLINE</b>	
<b>INSTRUCTOR KEY</b> AH Amber Haider    JF Joe Ferreira    MV Miguel Vazquez AV Amy V    JC Jana Corneliusen    PV Paul Venecia AJ Ayana Johnston    JH Janet Hewitt    SG Shawn Gardner BC Brenda Carlson    JS Jody Swanegan    SM Sierra Mullins BK Brooke Kollie    KB Kristina Boulanger    SO Sarah Olson BR Brenda Russell    LA Luke Adams    SR Syd Reed DR Debbie Rakfeldt    LT Lauri Tauscher    TB Tim Bauer EZ Eric Zimmer    MS Miles Schofield    TR Tim & Ro							