

# AUGUST 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

9AM TONE & Stretch SR 7  
10AM Comin in HOT SR

5 BEG Country 2-Step LA  
5 BEYOND BEG Country 2-Step\* TB  
6 BEG II West Coast Swing\* DR  
6-7:30 BEG Salsa/Bachata PV, SM

**2 ROOM SUNDAY SOCIAL BALLROOM, COUNTRY & WCS MIX SALSA & BACHATA - BAR & FOOD Lessons 7-7:30 Dancing til 10pm \$10 or Membership**

PRIVATE EVENT RENTALS  
Contact us for availability

9AM Power Hour + Stretch SR 1  
(75 min Class)  
5:30 HARD CORE - Arms SR  
6:30 Dance Fit SR

7:30-9 BEG Argentine Tango with 30 min Practica JF

9AM HIIT Mix & Stretch JA 2  
5:30 Step & Sculpt AV  
6:30 ReFit BC

6:30-8 BEG II Salsa/Bachata\* PV, SM  
6:30-8 BEYOND BEG Salsa/Bachata\* MS, SG  
8:00 BEYOND BEG Casino Rueda\* MV

9AM Body Sculpt - OUTDOORS NT 3  
10AM Dance Mix NT  
5:30 HARD CORE - Booty SR  
6:30 Comin in HOT SR

6:30 BEG West Coast Swing DR  
7:30-9 BEG Salsa/Bachata SG  
7:30 BEYOND BEG West Coast Swing\* LA  
7:30 INT West Coast Swing\* EZ  
7:30-8 BEG Argentine Tango - OUTDOORS JF

**Mid-Week Practica West Coast Swing at 8:30PM Arg Tango Practica at 8:00PM \$10 or Membership**

9AM Meet Me at the BARRE AV 4  
5:30 BARRE Mixer BK  
6:30 503 Cardio Groove BC

6:30 BEG Cha Cha LA  
7:30 BEG Casino Rueda MV  
8:30 BEG II Casino Rueda\* MV

9AM REV+Flow - OUTDOORS BC 5  
10AM DanceFit SR

\* Indicates Instructor Approval REQUIRED

9AM 503 Cardio Groove BC 6  
10AM REV+Flow BC

PRIVATE EVENT RENTALS  
Contact us for availability

9AM TONE & Stretch SR 7  
10AM Comin in HOT SR

5 BEG Country 2-Step LA  
5 BEYOND BEG Country 2-Step\* TB  
6 BEG II West Coast Swing\* DR  
6-7:30 BEG Salsa/Bachata PV, SM

**2 ROOM SUNDAY SOCIAL BALLROOM, COUNTRY & WCS MIX SALSA & BACHATA - BAR & FOOD Lessons 7-7:30 Dancing til 10pm \$10 or Membership**

PRIVATE EVENT RENTALS  
Contact us for availability

9AM Power Hour + Stretch SR 8  
(75 min Class)  
5:30 HARD CORE - Arms SR  
6:30 Dance Fit SR

7:30-9 BEG Argentine Tango with 30 min Practica JF

9AM HIIT Mix & Stretch JA 9  
5:30 Step & Sculpt AV  
6:30 ReFit BC

6:30-8 BEG II Salsa/Bachata\* PV, SM  
6:30-8 BEYOND BEG Salsa/Bachata\* MS, SG  
8:00 BEYOND BEG Casino Rueda\* MV

9AM Body Sculpt - OUTDOORS NT 10  
10AM Dance Mix NT  
5:30 HARD CORE - Booty SR  
6:30 Comin in HOT SR

6:30 BEG West Coast Swing DR  
7:30-9 BEG Salsa/Bachata SG  
7:30 BEYOND BEG West Coast Swing\* LA  
7:30 INT West Coast Swing\* EZ  
7:30-8 BEG Argentine Tango - OUTDOORS JF

**Mid-Week Practica West Coast Swing at 8:30PM Arg Tango Practica at 8:00PM \$10 or Membership**

9AM Meet Me at the BARRE AV 11  
5:30 BARRE Mixer BK  
6:30 503 Cardio Groove BC

6:30 BEG Cha Cha LA  
7:30 BEG Casino Rueda MV  
8:30 BEG II Casino Rueda\* MV

9AM REV+Flow - OUTDOORS BC 12  
10AM DanceFit SR

**FRIDAY FUSION 3 ROOMS of DANCING Country Mix, Salsa and Bachata**

Lessons at 7:45 & 8:30PM See website for more INFO \$15, 2 for \$20 or Membership

9AM 503 Cardio Groove BC 13  
10AM REV+Flow BC

PRIVATE EVENT RENTALS  
Contact us for availability

9AM TONE & Stretch SR 14  
10AM Comin in HOT SR

5 BEG Country 2-Step LA  
5 BEYOND BEG Country 2-Step\* TB  
6 BEG II West Coast Swing\* DR  
6-7:30 BEG Salsa/Bachata PV, SM

PRIVATE EVENT RENTALS  
Contact us for availability

9AM Power Hour + Stretch SR 15  
(75 min Class)  
5:30 HARD CORE - Arms SR  
6:30 Dance Fit SR

7:30-9 BEG Argentine Tango with 30 min Practica JF

**LADIES STYLING West Coast Swing WITH JANA**

\$10 MEMBERS \$25 GUESTS Pre-register, space is limited 7:30 to 9:00 PM

9AM HIIT Mix & Stretch JA 16  
5:30 Step & Sculpt AV  
6:30 ReFit BC

6:30-8 BEG II Salsa/Bachata\* PV, SM  
6:30-8 BEYOND BEG Salsa/Bachata\* MS, SG  
8:00 BEYOND BEG Casino Rueda\* MV

9AM Body Sculpt - OUTDOORS NT 17  
10AM Dance Mix NT  
5:30 HARD CORE - Booty SR  
6:30 Comin in HOT SR

6:30 BEG West Coast Swing DR  
7:30-9 BEG Salsa/Bachata SG  
7:30 BEYOND BEG West Coast Swing\* LA  
7:30 INT West Coast Swing\* EZ  
7:30-8 BEG Argentine Tango - OUTDOORS JF

**Mid-Week Practica West Coast Swing at 8:30PM Arg Tango Practica at 8:00PM \$10 or Membership**

9AM Meet Me at the BARRE AV 18  
5:30 BARRE Mixer BK  
6:30 503 Cardio Groove BC

6:30 BEG Cha Cha LA  
7:30 BEG Casino Rueda MV  
8:30 BEG II Casino Rueda\* MV

9AM REV+Flow - OUTDOORS BC 19  
10AM DanceFit SR

6:30-11 ALL AGES FOLK DANCE SOCIAL \$10 / Included in Membership LT

9AM 503 Cardio Groove BC 20  
10AM REV+Flow BC

PRIVATE EVENT RENTALS  
Contact us for availability

9AM TONE & Stretch SR 21  
10AM Comin in HOT SR

5 BEG Country 2-Step LA  
5 BEYOND BEG Country 2-Step\* TB  
6 BEG II West Coast Swing\* DR

**Salsa IN THE PARK BEAVERTON ROUND FREE 6-9PM See info on website**

9AM Power Hour + Stretch SR 22  
(75 min Class)  
5:30 HARD CORE - Arms SR  
6:30 Dance Fit SR

9AM HIIT Mix & Stretch JA 23  
5:30 Step & Sculpt AV  
6:30 ReFit BC

9AM Body Sculpt - OUTDOORS NT 24  
10AM Dance Mix NT  
5:30 HARD CORE - Booty SR  
6:30 Comin in HOT SR

**Facility Maintenance -**

**WCS IN THE PARK WESTLAKE PARK 5:30-8:30PM See info on website**

9AM Meet Me at the BARRE AV 25  
5:30 BARRE Mixer BK  
6:30 503 Cardio Groove BC

**No Dance**

9AM REV+Flow - OUTDOORS BC 26  
10AM DanceFit SR

**FRIDAY FUSION 3 ROOMS of DANCING Country Mix, Salsa and Bachata**

END OF SUMMER TROPICAL PARTY LIVE BAND: SON de CUBA See website for more INFO \$15, 2 for \$20 or Membership

9AM 503 Cardio Groove BC 27  
10AM REV+Flow BC

**Classes**

PRIVATE EVENT RENTALS  
Contact us for availability

9AM TONE & Stretch SR 28  
10AM Comin in HOT SR

9AM Power Hour + Stretch SR 29  
(75 min Class)  
5:30 HARD CORE - Arms SR  
6:30 Dance Fit SR

9AM HIIT Mix & Stretch JA 30  
5:30 Step & Sculpt AV  
6:30 ReFit BC

9AM Body Sculpt - OUTDOORS NT 31  
10AM Dance Mix NT  
5:30 HARD CORE - Booty SR  
6:30 Comin in HOT SR

**MEMBERSHIP \$95/ MONTH**

**BRONZE**

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

**SIGN UP TODAY!!**

**INSTRUCTOR KEY**

AV Amy V MS Miles Schofield  
BC Brenda Carlson MV Miguel Vazquez  
BK Brooke Kollie NT Nicki Taylor  
DH David Hemmerich PV Paul Venecia  
DR Debbie Rakfeldt SG Shawn Gardner  
EZ Eric Zimmer SM Sierra Mullins  
JA Jody Alar SO Sarah Olson  
JF Joe Ferreira SR Syd Reed  
KB Kristina Boulanger SS Shari Storey  
LA Luke Adams TB Tim Bauer  
LT Lauri Tauscher TR Tim & Ro

**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