

# JUNE 2023

### 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  
 H = Strength Class ♡ = Cardio Class

### 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	HM Haley Miller	MS Miles Schofield
AV Amy V	HW Haley Wayt	MV Miguel Vazquez
AJ Ayana Johnston	JF Joe Ferreira	PV Paul Venecia
AK Anya Klimova-Preston	JC Jana Corneliussen	SD Sara Decker
BC Brenda Carlson	JH Janet Hewitt	SG Shawn Gardner
BK Brooke Kollie	JS Jodie Swanegan	SM Sierra Mullins
DR Debbie Rakfeldt	KB Kristina Boulanger	SR Syd Reed
EZ Eric Zimmer	LA Luke Adams	TR Tim & Ro

\* Indicates Instructor Approval REQUIRED

**4**

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

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

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

**5**

9AM Power Hour ↔ SR  
 10AM Mixed 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  
 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!

**6**

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

6:30-7:30 Salsa/Bachata Level 4\* MS, SG  
 6:30 Country 2-Step Level 1 HM  
 7:30 West Coast Swing Level 2\* LA, JC  
 7:30 West Coast Swing Level 3/4\* EZ, HM

**West Coast Swing Social**  
 Dancing at 8:30PM  
**\$10/person**

**7**

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

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

**8**

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

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

**Argentine Tango Social**  
 Lesson at 7:30PM  
 Dancing at 8:00PM  
**\$10/person**

**9**

9AM Power Pilates ↔ JH  
 10AM ReFit ♡ BC

**FRIDAY FUSION**  
**3 FLOORS of DANCING**  
**COUNTRY NIGHT**  
**LATIN NIGHT**  
 Indoor & Outdoor  
 Doors Open at 7:30  
 Lessons at 7:45 & 8:30PM  
 See website for more INFO  
**\$15/person or 2 for \$20**

**10**

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

**PRIVATE EVENT RENTALS**  
 Contact us for availability

**11**

9AM TONE & Stretsch ↔ SR  
 10AM Comin in HOT ♡ SR

**PRANKSTERS**  
**BIG BAND DANCE**  
**1:30 - 4:00 PM**  
 \$10/ Person - Included in Membership  
 More info on website

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

**12**

9AM Power Hour ↔ SR  
 10AM Mixed 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  
 7:30-9 Salsa/Bachata Level 1.5\* SG

**13**

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

6:30-7:30 Salsa/Bachata Level 4\* MS, SG  
 6:30 Country 2-Step Level 1 HM  
 7:30 West Coast Swing Level 2\* LA, JC  
 7:30 West Coast Swing Level 3/4\* EZ, HM

**West Coast Swing Night**  
 Dancing at 8:30PM  
**\$10/person**

**14**

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

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

**15**

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

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

**Argentine Tango Social**  
 Lesson at 7:30PM  
 Dancing at 8:00PM  
**\$10/person**

**16**

9AM Power Pilates ↔ JH  
 10AM ReFit ♡ BC

**PRIVATE EVENT RENTALS**  
 Contact us for availability

**17**

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

**STANDARD & LATIN**  
**TUNE-UP**  
**WORKSHOPS** with Anya Klimova-Preston  
 LATIN - 10:15AM / STANDARD - 11:15AM  
 PRE-REGISTRATION REQUIRED  
 SEE WEBSITE FOR INFO

**18**

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

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

**19**

9AM Power Hour ↔ SR  
 10AM Mixed 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  
 7:30-9 Salsa/Bachata Level 1.5\* SG

**20**

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

6:30-7:30 Salsa/Bachata Level 4\* MS, SG  
 6:30 Country 2-Step Level 1 HM  
 7:30 West Coast Swing Level 2\* LA, HM  
 7:30 West Coast Swing Level 3/4\* EZ, JC

**West Coast Swing Social**  
 Dancing at 8:30PM  
**\$10/person**

**21**

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

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\* MV, SG

**22**

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

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

**Argentine Tango Social**  
 Lesson at 7:30PM  
 Dancing at 8:00PM  
**\$10/person**

**23**

9AM Power Pilates ↔ JH  
 10AM ReFit ♡ BC

**PRIVATE EVENT RENTALS**  
 Contact us for availability

**24**

9-10, 10-11 Fitness Sampler - FREE  
 ♡ SR, BC, JS, AV, JH

**FITNESS SAMPLER**  
**9-10AM & 10-11AM FREE**  
 Strength, Cardio & TONS of fun - See website for details

**25**

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

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

5 West Coast Swing Level 1 LA, JC  
 5 Introduction to Ballroom HW  
 6 Country 2-Step Level 2\* LA, JC

**SALSA IN THE PARK**  
**FREE 6-9PM**  
 Beaverton ROUND  
 See website for details

**26**

9AM Power Hour ↔ SR  
 10AM Mixed 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  
 7:30-9 Salsa/Bachata Level 1.5\* SG

**27**

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

6:30-7:30 Salsa/Bachata Level 4\* MS, SG  
 6:30 Country 2-Step Level 1 HM  
 7:30 West Coast Swing Level 2\* LA, HM  
 7:30 West Coast Swing Level 3/4\* EZ, JC

**West Coast Swing Social**  
 Dancing at 8:30PM  
**\$10/person**

**28**

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

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\* MV, SG

**29**

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

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

**Argentine Tango Social**  
 Lesson at 7:30PM  
 Dancing at 8:00PM  
**\$10/person**

**30**

9AM Power Pilates ↔ JH  
 10AM ReFit ♡ BC

**FRIDAY FUSION**  
**3 FLOORS of DANCING with**  
**LIVE BAND: SON de CUBA**  
**COUNTRY NIGHT**  
**LATIN NIGHT**  
 Lessons at 7:45 & 8:30PM  
 See website for more INFO  
**\$15/person or 2 for \$20**

**Membership Options**

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

**ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS**