NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9AM *JAZZERCISE™* ♥ FREE for members 4:00 Foxtrot — Level 1 — HW 4:00 Bachata — Level 2* — JO,AC 5-6:30 Salsa/ Bachata — Level 1 — SG,LK 5:00 West Coast Swing — Level 2+* — DH,KB Followed by practica 6-7PM	**2** 9AM Build 2 Burn — KG 5:30 Total Body Workout — BD 6:30 West Coast Swing — Level 1 — HS,RM Recommended: 2 months of any partner dance 6:30 Casino Rueda — Level 1 — MV, AJ 7:45 West Coast Swing — Level 1.5* — HS,RM 7:30-9 Salsa/ Bachata — Level 1.5* — HW,AJ 7:30 Salsa — Level 3* — SG,MV	**3** 9AM Step & Core — AV 5:30 Barre & Stretch — AV 6:30 Country 2-Step — Level 1 — HS 6:30 Country Swing — Level 2/3* — KN,JR 7:30 Country 2-Step — Level 2* — HS 7:45 Line Dancing — Beginner — KN 7:45 Line Dancing — Intermediate — PS 8:30 Guided Line Dancing - All levels — PS **TUESDAY SOCIAL** West Coast Swing & Two Step Country Swing & Line Dance Dancing 8:30-10:30 $5/person	**4** 9AM Pilates Sculpt — JA 6:30 Country Swing — Level 1 — KN,JR 6:30 Casino Rueda — Level 3* — MV 7:30-9 Salsa/ Bachata — Level 2* — PV,SM 7:45 Country Swing — Level 1.5* — KN,JR 7:45 Learn the Basics - Salsa NEW — SGD Followed by Mix & Mingle Beginner Practice	**5** 9AM Meet Me at the Barre — AV 6:30 Bachata — Level 1 — EV,SGD 6:30 Cha Cha — Level 1 — KB 7:30 Salsa — Level 1 — SG 7:30 Casino Rueda — Lvls 1.5*& 2* — MV,AJ Prior experience required	**6** 9:15AM *JAZZERCISE™* ♥ FREE for members PRIVATE EVENT RENTALS Contact us for availability	**7** 7AM & 9AM *JAZZERCISE™* ♥ FREE for members PRIVATE EVENT RENTALS Contact us for availability
8 9AM *JAZZERCISE™* ♥ FREE for members 4:00 Foxtrot — Level 1 — HW 4:00 Bachata — Level 2* — JO,AC 5-6:30 Salsa/ Bachata — Level 1 — SG,LK 5:00 West Coast Swing — Level 2+* — DH,KB Followed by practica 6-7PM	**9** 9AM Build 2 Burn — KG 5:30 Total Body Workout — BD 6:30 West Coast Swing — Level 1 — HS,RM Recommended: 2 months of any partner dance 6:30 Casino Rueda — Level 1 — MV, AJ 7:45 West Coast Swing — Level 1.5* — HS,RM 7:30-9 Salsa/ Bachata — Level 1.5* — HW,AJ 7:30 Salsa — Level 3* — MS,KB	**10** 9AM Step & Core — AV 5:30 Barre & Stretch — AV 6:30 Country 2-Step — Level 1 — HS 6:30 Country Swing — Level 2/3* — KN,JR 7:30 Country 2-Step — Level 2* — HS 7:45 Line Dancing — Beginner — KN 7:45 Line Dancing — Intermediate — PS 8:30 Guided Line Dancing - All levels — PS **TUESDAY SOCIAL** West Coast Swing & Two Step Country Swing & Line Dance Dancing 8:30-10:30 $5/person	**11** 9AM Pilates Sculpt — JA 6:30 Country Swing — Level 1 — KN,JR 6:30 Casino Rueda — Level 3* — MV 7:30-9 Salsa/ Bachata — Level 2* — PV,SM 7:45 Country Swing — Level 1.5* — KN,JR 7:45 Learn the Basics - Bachata NEW — SGD Followed by Mix & Mingle Beginner Practice	**12** 9AM Meet Me at the Barre — AV 6:30 Bachata — Level 1 — EV,HW 6:30 Cha Cha — Level 1 — EZ 7:30 Salsa — Level 1 — SG 7:30 Casino Rueda — Lvls 1.5*& 2* — MV,AJ Prior experience required	**13** 9:15AM *JAZZERCISE™* ♥ FREE for members **LATIN NIGHT** **8:30PM - 1AM** Lessons at 8:45 & 9:30PM See website for more info	**14** 7AM & 9AM *JAZZERCISE™* ♥ FREE for members PRIVATE EVENT RENTALS Contact us for availability
15 9AM *JAZZERCISE™* ♥ FREE for members 4:00 Foxtrot — Level 1 — HW 4:00 Bachata — Level 2* — JO,AC 5-6:30 Salsa/ Bachata — Level 1 — SG,LK 5:00 West Coast Swing — Level 2+* — EZ Followed by practica 6-7PM	**16** 9AM Build 2 Burn — KG 6:30 West Coast Swing — Level 1 — HS,RM Recommended: 2 months of any partner dance 6:30 Casino Rueda — Level 1 — MV, AJ 7:45 West Coast Swing — Level 1.5* — HS,RM 7:30-9 Salsa/ Bachata — Level 1.5* — HW,AJ 7:30 Salsa — Level 3* — SG,MV	**17** 9AM Step & Core — AV 5:30 Barre & Stretch — AV 6:30 Country 2-Step — Level 1 — HS 6:30 Country Swing — Level 2/3* — KN,JR 7:30 Country 2-Step — Level 2* — HS 7:45 Line Dancing — Beginner — KN 7:45 Line Dancing — Intermediate — PS 8:30 Guided Line Dancing - All levels — PS **TUESDAY SOCIAL** West Coast Swing & Two Step Country Swing & Line Dance Dancing 8:30-10:30 $5/person	**18** 9AM Pilates Sculpt — JA 6:30 Country Swing — Level 1 — KN,JR 6:30 Casino Rueda — Level 3* — MV 7:30-9 Salsa/ Bachata — Level 2* — PV,SM 7:45 Country Swing — Level 1.5* — KN,JR 7:45 Learn the Basics - Salsa NEW — SGD Followed by Mix & Mingle Beginner Practice	**19** 9AM Meet Me at the Barre — AV 6:30 Bachata — Level 1 — EV,HW 6:30 Cha Cha — Level 1 — EZ 7:30 Salsa — Level 1 — SG 7:30 Casino Rueda — Lvls 1.5*& 2* — MV,AJ Prior experience required	**20** 9:15AM *JAZZERCISE™* ♥ FREE for members PRIVATE EVENT RENTALS Contact us for availability	**21** 7AM & 9AM *JAZZERCISE™* ♥ FREE for members PRIVATE EVENT RENTALS Contact us for availability
22 9AM *JAZZERCISE™* ♥ FREE for members 4:00 Foxtrot — Level 1 — HW 4:00 Bachata — Level 2* — JO,AC 5-6:30 Salsa/ Bachata — Level 1 — SG,LK 5:00 West Coast Swing — Level 2+* — EZ **SUNDAY SOCIAL** Ballroom & West Coast Swing Salsa & Bachata Lessons 6PM, Dancing 6:30-9PM $15/person	**23** 9AM Build 2 Burn — KG 6:30 West Coast Swing — Level 1 — HS,RM Recommended: 2 months of any partner dance 6:30 Casino Rueda — Level 1 — MV, AJ 7:45 West Coast Swing — Level 1.5* — HS,RM 7:30-9 Salsa/ Bachata — Level 1.5* — HW,AJ 7:30 Salsa — Level 3* — MS,KB	**24** 9AM Step & Core — AV 5:30 Barre & Stretch — AV 6:30 Country 2-Step — Level 1 — HS 6:30 Country Swing — Level 2/3* — KN,JR 7:30 Country 2-Step — Level 2* — HS 7:45 Line Dancing — Beginner — KN 7:45 Line Dancing — Intermediate — PS 8:30 Guided Line Dancing - All levels — PS **TUESDAY SOCIAL** West Coast Swing & Two Step Country Swing & Line Dance Dancing 8:30-10:30 $5/person	**25** 9AM Pilates Sculpt — JA 6:30 Country Swing — Level 1 — KN,JR 6:30 Casino Rueda — Level 3* — MV 7:30-9 Salsa/ Bachata — Level 2* — PV,SM 7:45 Country Swing — Level 1.5* — KN,JR	**26** happy thanksgiving	**27** 9:15AM *JAZZERCISE™* ♥ FREE for members **FRIDAY FUSION** COUNTRY NIGHT LATIN NIGHT **8PM - 1AM** Lessons at 8:15 & 9PM See website for more info	**28** 7AM & 9AM *JAZZERCISE™* ♥ FREE for members PRIVATE EVENT RENTALS Contact us for availability
29 9AM *JAZZERCISE™* ♥ FREE for members 4:00 Foxtrot — Level 1 — HW 4:00 Bachata — Level 2* — JO,AC 5-6:30 Salsa/ Bachata — Level 1 — SG,LK 5:00 West Coast Swing — Level 2+* — EZ Followed by practica 6-7PM	**30** 9AM Build 2 Burn — KG 6:30 West Coast Swing — Level 1 — HS,RM Recommended: 2 months of any partner dance 6:30 Casino Rueda — Level 1 — MV, AJ 7:45 West Coast Swing — Level 1.5* — HS,RM 7:30-9 Salsa/ Bachata — Level 1.5* — HW,AJ 7:30 Salsa — Level 3* — SG,MV					

Membership Options

INTRO - $79/month
FITNESS - $89/month
STUDENT - $89/month
SILVER 65+ - $99/month
ALL-ACCESS - $149/month

ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS

INSTRUCTORS

AC	Adrian Contreras	KB	Kristina Boulanger
AJ	Ayana Johnston	KB	Kyra Blank
AV	Amy V	KG	Kim Goeden
BD	Brooke Doty	KN	Kat Nichols
DH	David Hemmerich	LK	LeeAnn Kamerman
EV	Enrique Villarreal	MS	Miles Schofield
EZ	Eric Zimmer	MV	Miguel Vazquez
HS	Haley Skredsvig	PS	Pacific NW Stompeders
HW	Haley Wayt	PV	Paul Venecia
JA	Jody Alar	RM	Robyn Maile
JO	Julia Ostrovskaia	SG	Shawn Gardner
JR	Jon Reeves	SM	Sierra Mullins

DROP-IN CLASS RATES

Fitness Classes	$20 / class
Dance Classes	$25 - $30 / class
Practice Passes	$6 - $11 / hour

* = Instructor Approval REQUIRED
♥ = Cardio Class
= Strength Class
= Mat Class

Class & event details at www.shawngardnerdancing.com on ZEN PLANNER or by calling: 503.624.6565

LAST UPDATED 11-03-26