

# MAY 2024

AV	Amy V	JO	Julia Ostrovskaja
BC	Brenda Carlson	JS	Jodie Swanegan
BK	Brooke Kollie	KB	Kristina Boulanger
DE	Danielle Everson	LA	Luke Adams
DS	David Saylor	MS	Miles Schofield
EZ	Eric Zimmer	MV	Miguel Vazquez
HM	Haley Miller	PV	Paul Venecia
HW	Hale Wayt	SG	Shawn Gardner
JC	Jana Corneliusen	SM	Sierra Mullins
JD	Jenna Draggoo	SR	Syd Reed
JH	Janet Hewitt		

\* Indicates Instructor Approval REQUIRED

## MONDAY

9AM	Power Hour	JS	6
10AM	Mixed Tape	BC	
5:30	Hard CORE - Arms	SR	
6:30	Dance Fit	SR	
6:30	Country Swing Level 2*	DS	
7:30	Country Swing Level 1	DS	
7:30-9	Salsa/Bachata Level 1.5*	MV	
7:30-9	Salsa/Bachata Level 2*	PV, SM	

## TUESDAY

### 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: \$5 or INCLUDED in Membership  
 FRI: \$15/ 2 for \$20/ INC in Membership  
 SEE DETAILS ON ZEN PLANNER ONLINE

## WEDNESDAY

9AM	Totally Toned	JS	1
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	

9AM	Totally Toned	JS	8
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	

## THURSDAY

9AM	Meet Me at the BARRE	AV	2
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	

9AM	Meet Me at the BARRE	AV	9
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	

## FRIDAY

9AM	Power Pilates	JH	3
10AM	ReFit	BC	

9AM	Power Pilates	JH	10
10AM	ReFit	BC	

## SATURDAY

9AM	REV + Tone	BC	4
10AM	Mixed Tape	BC	

9AM	REV + Tone	BC	11
10AM	Mixed Tape	BC	

**Stompeder Studios Presents:**  
**Country Swing Workshops**  
 Dance with Danya  
 May 4, 11am - 5pm  
 Buy Tickets or More Info at  
[www.stompederstudios.com](http://www.stompederstudios.com)

**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**

9AM TONE & Stretch ↔ SR 5  
 10AM Comin in HOT ♡ SR

5 Waltz Level 1 NEW HW  
 6 Country 2-Step Level 2\* HM  
 6-7:30 Salsa/Bachata Level 1 SG, HW  
 7-8:00 FREE Country/WCS Practice

PRIVATE EVENT RENTALS  
 Contact us for availability

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

6:30 Country Swing Level 2\* DS  
 7:30 Country Swing Level 1 DS  
 7:30-9 Salsa/Bachata Level 1.5\* MV  
 7:30-9 Salsa/Bachata Level 2\* PV, SM

9AM Step & Sculpt ♡ AV 7  
 5:30 Step & Sculpt ♡ AV  
 6:30 ReFit ♡ BC

6:30 Country Swing Practice  
 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

**West Coast Swing & Two Step Tuesday**  
 Dancing at 8:30PM  
**\$5/person**

9AM Totally Toned ↔ JS 8  
 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

9AM Meet Me at the BARRE ↔ AV 9  
 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

9AM TONE & Stretch ↔ SR 12  
 10AM Comin in HOT ♡ SR

5 Waltz Level 1 NEW HW  
 6 Country 2-Step Level 2\* HM  
 6-7:30 Salsa/Bachata Level 1 SG, HW  
 7-8:00 FREE Country/WCS Practice

PRIVATE EVENT RENTALS  
 Contact us for availability

9AM Power Hour ↔ JS 13  
 10AM Mixed Tape ♡ BC  
 5:30 Hard CORE - Arms ↔ SR  
 6:30 Dance Fit ♡ SR

6:30 Country Swing Level 2\* DS  
 7:30 Country Swing Level 1 DS  
 7:30-9 Salsa/Bachata Level 1.5\* MV  
 7:30-9 Salsa/Bachata Level 2\* PV, SM

9AM Step & Sculpt ♡ AV 14  
 5:30 Step & Sculpt ♡ AV  
 6:30 ReFit ♡ BC

6:30 Country Swing Practice  
 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

**West Coast Swing & Two Step Tuesday**  
 Dancing at 8:30PM  
**\$5/person**

9AM Totally Toned ↔ JS 15  
 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

9AM Meet Me at the BARRE ↔ AV 16  
 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

9AM Power Pilates ↔ JH 17  
 10AM ReFit ♡ BC

PRIVATE EVENT RENTALS  
 Contact us for availability

9AM REV + Tone ↔ BC 18  
 10AM Mixed Tape ♡ BC

PRIVATE EVENT RENTALS  
 Contact us for availability

9AM TONE & Stretch ↔ SR 19  
 10AM Comin in HOT ♡ SR

5 Waltz Level 1 NEW HW  
 6 Country 2-Step Level 2\* HM  
 6-7:30 Salsa/Bachata Level 1 SG, HW

**BALLROOM SUNDAY SOCIAL**  
**BALLROOM DANCING ON THE MAIN FLOOR**  
 Ballroom Lesson at 7:00PM  
 Dancing till 9:30PM  
**\$10/person**

9AM Power Hour ↔ JS 20  
 10AM Mixed Tape ♡ BC  
 5:30 Hard CORE - Arms ↔ SR  
 6:30 Dance Fit ♡ SR

6:30 Country Swing Level 2\* DS  
 7:30 Country Swing Level 1 DS  
 7:30-9 Salsa/Bachata Level 1.5\* MV  
 7:30-9 Salsa/Bachata Level 2\* PV, SM

9AM Step & Sculpt ♡ AV 21  
 5:30 Step & Sculpt ♡ AV  
 6:30 ReFit ♡ BC

6:30 Country Swing Practice  
 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

**West Coast Swing & Two Step Tuesday**  
 Dancing at 8:30PM  
**\$5/person**

9AM Totally Toned ↔ JS 22  
 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, JO

9AM Meet Me at the BARRE ↔ AV 23  
 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

9AM Power Pilates ↔ JH 24  
 10AM ReFit ♡ BC

PRIVATE EVENT RENTALS  
 Contact us for availability

9AM REV + Tone ↔ BC 25  
 10AM Mixed Tape ♡ BC

PRIVATE EVENT RENTALS  
 Contact us for availability

9AM TONE & Stretch ↔ SR 26  
 10AM Comin in HOT ♡ SR

**HAPPY MEMORIAL DAY WEEKEND!!**  
**NO EVENING CLASSES**

**MEMORIAL DAY**  
 REMEMBER AND HONOR

9AM Power Hour ↔ JS 27  
 10AM Mixed Tape ♡ BC

9AM Step & Sculpt ♡ AV 28  
 5:30 Step & Sculpt ♡ AV  
 6:30 ReFit ♡ BC

6:30 Country Swing Practice  
 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

**West Coast Swing & Two Step Tuesday**  
 Dancing at 8:30PM  
**\$5/person**

9AM Totally Toned ↔ JS 29  
 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, JO

9AM Meet Me at the BARRE ↔ AV 30  
 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

9AM Power Pilates ↔ JH 31  
 10AM ReFit ♡ BC

**FRIDAY FUSION**  
**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**  
**STUDENT - \$70/Mo**  
**FITNESS - \$99/Mo**  
**ALL-ACCESS - \$120/Mo**

ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS