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 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	**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 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	**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 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					

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 10-28-26