

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MAY 2026

Membership Options

INTRO - \$59/month
FITNESS - \$65/month
STUDENT - \$70/month
SILVER 65+ - \$85/month
ALL-ACCESS - \$120/month

ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS

DROP-IN CLASS RATES

Fitness Classes \$12 / class
 Dance Classes \$20 - \$25 / class
 Practice Passes \$6 - \$11 / hour

* = Instructor Approval REQUIRED
 [Pink Box] = Fitness Class [Heart Icon] = Cardio Class
 [Yellow Box] = Dance Class [Dumbbell Icon] = Strength Class
 [Mat Icon] = Mat Class

SOCIALS

SUN: \$10 or INCLUDED in Membership
 TUE: \$5 or INCLUDED in Membership
 FRI: \$15 or INCLUDED in Membership
 DETAILS ON ZEN PLANNER ONLINE

INSTRUCTORS

AC	Adrian Contreras	LK	LeeAnn Kamerman
AJ	Ayana Johnston	MN	Miguel Vazquez
AV	Amy V	MW	Marie Welsh
BD	Brooke Doty	ND	Nina DeLeon
EV	Enrique Villarreal	NM	Nathan McCall
EZ	Eric Zimmer	PNWS	Pacific NW Stompers
HS	Haley Skredsvig	PV	Paul Venecia
HW	Haley Wayt	RM	Robyn Maile
JO	Julia Ostrovskaja	SG	Shawn Gardner
KG	Kim Goeden	SM	Sierra Mullins
KN	Kat Nichols		

9AM Core Balance [Icon] MW 1	7AM & 9AM JAZZERCISE™ [Heart Icon] FREE for members 2
PRIVATE EVENT RENTALS Contact us for availability	PRIVATE EVENT RENTALS Contact us for availability

9AM JAZZERCISE™ [Heart Icon] FREE for members **3**

4:00	Waltz [NEW]	Level 1	HW
4:00	Bachata	Level 2*	JO,AC
5-6:30	Salsa/ Bachata	Level 1	HW,LK
5:00	West Coast Swing	Level 2+*	EZ

Followed by practica 6-7PM

9AM Build 2 Burn [Dumbbell Icon] KG **4**
5:30 Total Body Workout [Dumbbell Icon] BD

6:30 West Coast Swing Level 1 [NEW] HS,RM
Recommended: 2 months of any partner dance

7:30	Country Swing	Level 2/3*	NM,HS
7:30-9	Salsa/ Bachata	Level 1.5*	SG,LK
7:30-9	Salsa/ Bachata	Level 3*	PV,SM

9AM Step & Core [Dumbbell Icon] AV **5**
5:30 Barre & Stretch [Dumbbell Icon] AV

6:30	Country 2-Step	Level 1	HS
7:30	Country 2-Step	Level 2*	HS
7:45	Country Swing Workshop		PNWS

Country Swing basics recommended

7:45 Line Dancing + practice Level 1 KN

TUESDAY SOCIAL
 West Coast Swing & Two Step
 Country Swing & Line Dance
 Dancing 8:30-10:30
 \$5/person

9AM Turn Up & Tone™ [Dumbbell Icon] ND **6**

6:30	Country Swing	Level 1	NM,RM
6:30	Casino Rueda	Level 3*	MV
7:30-9	Salsa/ Bachata	Level 2*	PV,SM
7:45	Country Swing [NEW]	Level 1.5*	NM,RM
7:45	Bachata Intensive	Level 2+*	JO,AC

By audition or invitation only

9AM Meet Me at the Barre [Dumbbell Icon] AV **7**

6:30	Bachata	Level 1	EV,SM
7:30	Salsa	Level 1	EV
7:30	Casino Rueda	Lvls 1.5* & 2*	MV,AJ

Prior experience required

9AM Core Balance [Icon] MW **8**

LATIN NIGHT
 8:30PM - 1AM
 Lessons at 8:45 & 9:30PM
 See website for more info

7AM & 9AM JAZZERCISE™ [Heart Icon] FREE for members **9**

PRIVATE EVENT RENTALS
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9AM JAZZERCISE™ [Heart Icon] FREE for members **10**

4:00	Waltz [NEW]	Level 1	HW
4:00	Bachata	Level 2*	JO,AC
5-6:30	Salsa/ Bachata	Level 1	HW,LK
5:00	West Coast Swing	Level 2+*	EZ

Followed by practica 6-7PM

9AM Build 2 Burn [Dumbbell Icon] KG **11**
5:30 Total Body Workout [Dumbbell Icon] BD

6:30 West Coast Swing Level 1 [NEW] HS,RM
Recommended: 2 months of any partner dance

7:30	Country Swing	Level 2/3*	NM,HS
7:30-9	Salsa/ Bachata	Level 1.5*	SG,LK
7:30-9	Salsa/ Bachata	Level 3*	PV,SM

9AM Step & Core [Dumbbell Icon] AV **12**
5:30 Barre & Stretch [Dumbbell Icon] AV

6:30	Country 2-Step	Level 1	HS
7:30	Country 2-Step	Level 2*	HS
7:45	Country Swing Workshop		PNWS

Country Swing basics recommended

7:45 Line Dancing + practice Level 1 KN

TUESDAY SOCIAL
 West Coast Swing & Two Step
 Country Swing & Line Dance
 Dancing 8:30-10:30
 \$5/person

9AM Turn Up & Tone™ [Dumbbell Icon] ND **13**

6:30	Country Swing	Level 1	NM,KN
6:30	Casino Rueda	Level 3*	MV
7:30-9	Salsa/ Bachata	Level 2*	PV,SM
7:45	Country Swing [NEW]	Level 1.5*	KN,NM
7:45	Bachata Intensive	Level 2+*	JO,AC

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9AM Meet Me at the Barre [Dumbbell Icon] AV **14**

6:30	Bachata	Level 1	EV,SM
7:30	Salsa	Level 1	EV
7:30	Casino Rueda	Lvls 1.5* & 2*	MV,AJ

Prior experience required

9AM Core Balance [Icon] MW **15**

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7AM & 9AM JAZZERCISE™ [Heart Icon] FREE for members **16**

PRIVATE EVENT RENTALS
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9AM JAZZERCISE™ [Heart Icon] FREE for members **17**

4:00	Waltz [NEW]	Level 1	HW
4:00	Bachata	Level 2*	JO,AC
5-6:30	Salsa/ Bachata	Level 1	HW,LK
5:00	West Coast Swing	Level 2+*	EZ

SUNDAY SOCIAL
 Ballroom & West Coast Swing
 Salsa & Bachata
 Lessons 6PM, Dancing 6:30-9PM
 \$10/person

9AM Build 2 Burn [Dumbbell Icon] KG **18**
5:30 Total Body Workout [Dumbbell Icon] BD

6:30 West Coast Swing Level 1 [NEW] HS,RM
Recommended: 2 months of any partner dance

7:30	Country Swing	Level 2/3*	NM,HS
7:30-9	Salsa/ Bachata	Level 1.5*	SG,LK
7:30-9	Salsa/ Bachata	Level 3*	PV,SM

9AM Step & Core [Dumbbell Icon] AV **19**
5:30 Barre & Stretch [Dumbbell Icon] AV

6:30	Country 2-Step	Level 1	HS
7:30	Country 2-Step	Level 2*	HS
7:45	Country Swing Workshop		PNWS

Country Swing basics recommended

7:45 Line Dancing + practice Level 1 KN

TUESDAY SOCIAL
 West Coast Swing & Two Step
 Country Swing & Line Dance
 Dancing 8:30-10:30
 \$5/person

9AM Turn Up & Tone™ [Dumbbell Icon] ND **20**

6:30	Country Swing	Level 1	NM,KN
6:30	Casino Rueda	Level 3*	MV
7:30-9	Salsa/ Bachata	Level 2*	PV,SM
7:45	Country Swing [NEW]	Level 1.5*	KN,NM
7:45	Bachata Intensive	Level 2+*	JO,AC

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9AM Meet Me at the Barre [Dumbbell Icon] AV **21**

6:30	Bachata	Level 1	EV,SM
7:30	Salsa	Level 1	EV
7:30	Casino Rueda	Lvls 1.5* & 2*	MV,AJ

Prior experience required

9AM Core Balance [Icon] MW **22**

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7AM & 9AM JAZZERCISE™ [Heart Icon] FREE for members **23**

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9AM JAZZERCISE™ [Heart Icon] FREE for members **24**

No evening classes May 24 & 25
 Happy Memorial Day Weekend!

No classes **25**

9AM Step & Core [Dumbbell Icon] AV **26**
5:30 Barre & Stretch [Dumbbell Icon] AV

6:30	Country 2-Step	Level 1	HS
7:30	Country 2-Step	Level 2*	HS
7:45	Country Swing Workshop		PNWS

Country Swing basics recommended

7:45 Line Dancing + practice Level 1 KN

9AM Turn Up & Tone™ [Dumbbell Icon] ND **27**

6:30	Country Swing	Level 1	NM,KN
6:30	Casino Rueda	Level 3*	MV
7:30-9	Salsa/ Bachata	Level 2*	PV,SM
7:45	Country Swing [NEW]	Level 1.5*	KN,NM
7:45	Bachata Intensive	Level 2+*	JO,AC

By audition or invitation only

9AM Meet Me at the Barre [Dumbbell Icon] AV **28**

6:30	Bachata	Level 1	EV,SM
7:30	Salsa	Level 1	EV
7:30	Casino Rueda	Lvls 1.5* & 2*	MV,AJ

Prior experience required

9AM Core Balance [Icon] MW **29**

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7AM & 9AM JAZZERCISE™ [Heart Icon] FREE for members **30**

PRIVATE EVENT RENTALS
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9AM JAZZERCISE™ [Heart Icon] FREE for members **31**

4:00	Waltz [NEW]	Level 1	HW
4:00	Bachata	Level 2*	JO,AC
5-6:30	Salsa/ Bachata	Level 1	HW,LK
5:00	West Coast Swing	Level 2+*	EZ

Followed by practica 6-7PM

No classes

TUESDAY SOCIAL
 West Coast Swing & Two Step
 Country Swing & Line Dance
 Dancing 8:30-10:30
 \$5/person

No classes

No classes

NEW START TIME
FRIDAY FUSION
 COUNTRY & LATIN ROOMS
 8:30PM - 1AM
 Lessons at 8:45PM
 See website for info

PRIVATE EVENT RENTALS
Contact us for availability