

# NOVEMBER 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## Membership Options

**INTRO - \$59/month**  
**STUDENT - \$70/month**  
**FITNESS - \$99/month**  
**ALL-ACCESS - \$120/month**

**ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS** \* Indicates Instructor Approval REQUIRED

### INSTRUCTOR KEY

AC	Adrian Contreras	JO	Julia Ostrowskaia
AV	Amy V	JS	Jodie Swanegan
BC	Brenda Carlson	KB	Kristina Boulanger
DE	Danielle Everson	KN	Kat Nichols
DS	David Saylor	LA	Luke Adams
EV	Enrique Villarreal	MS	Miles Schofield
EZ	Eric Zimmer	MV	Miguel Vazquez
HM	Haley Miller	PV	Paul Venecia
HW	Haley Wayt	SG	Shawn Gardner
JM	Jana Marie	SM	Sierra Mullins
JH	Janet Hewitt	SR	Syd Reed
		TC	Tom Cochran

### DROP-IN CLASS RATES

Fitness Classes \$20/Class  
 Dance Classes \$20 - \$25/Class  
 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 or 2/ \$20 or INC in Membership  
**SEE DETAILS ON ZEN PLANNER ONLINE**

9AM Power Pilates ⇄ JH 1  
 10AM ReFit ♡ BC

**PRIVATE EVENT RENTALS**  
 Contact us for availability

9AM REV + Tone ⇄ BC 2  
 10AM Mixed Tape ♡ BC

**PRIVATE EVENT RENTALS**  
 Contact us for availability

9AM TONE & Stretch ⇄ SR 3  
 10AM Comin in HOT ♡ SR

4:00 Night Club 2-Step Level 1 HW  
 5:00 Country 2-Step Level 2\* HM  
 5-6:30 Salsa/ Bachata Level 1 HW

**SEE NEW ↑ SUNDAY TIMES!**

9AM Power Hour ⇄ JS 4  
 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 2.5\* PV, SM  
 7:30-9 Salsa/ Bachata Level 1.5\* SG

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

6:30 Country 2-Step Level 1 HM  
 7:00 Country Swing Practice  
 7:30 WCS Workshop Level 2+ \* TC, JM  
 7:45 Line Dancing + practice KN

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

9AM Totally Toned ⇄ JS 6  
 10AM Core & Stretch ⇄ JH

5:30 Hard CORE - Booty ♡ SR  
 6:30 Comin in HOT ♡ SR

6:30 West Coast Swing Level 1 LA, JM  
 6:30 Casino Rueda Level 3\* MV  
 7:30-9 Salsa/ Bachata Level 1 SG  
 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 7  
 6:30 Turn Up Dance ♡ DE  
 7:30 503 Cardio Groove ♡ BC

6:30 Bachata Level 1 EV, SM  
 7:30 Casino Rueda Level 1 MV, SGD  
 7:30 Casino Rueda Levels 1.5 & 2\* MV, SGD

9AM Power Pilates ⇄ JH 8  
 10AM ReFit ♡ BC

**FRIDAY FUSION**  
 3 FLOORS of DANCING 7:30PM-1AM  
**COUNTRY NIGHT**  
**LATIN NIGHT**

**DANCING STARTS AT 7:30PM**  
 Lessons at 7:45 & 8:30PM  
 See website for more info  
**\$15/person or 2 for \$20**

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

**PRIVATE EVENT RENTALS**  
 Contact us for availability

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

4:00 Night Club 2-Step Level 1 HW  
 5:00 Country 2-Step Level 2\* HM  
 5-6:30 Salsa/ Bachata Level 1 HW

9AM Power Hour ⇄ JS 11  
 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 2.5\* PV, SM  
 7:30-9 Salsa/ Bachata Level 1.5\* SG

9AM Step & Sculpt ♡ AV 12  
 5:30 Step & Sculpt ♡ AV  
 6:30 ReFit ♡ BC

6:30 Country 2-Step Level 1 HM  
 7:00 Country Swing Practice  
 7:30 WCS Social Patterns Level 2+ LA, JM  
 7:30 WCS Concepts Level 2+ EZ, HM  
 7:45 Line Dancing + practice KN

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

9AM Totally Toned ⇄ JS 13  
 10AM Core & Stretch ⇄ JH

5:30 Hard CORE - Booty ♡ SR  
 6:30 Comin in HOT ♡ SR

6:30 West Coast Swing Level 1 LA, JM  
 6:30 Casino Rueda Level 3\* MV  
 7:30-9 Salsa/ Bachata Level 1 SG  
 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 14  
 6:30 Turn Up Dance ♡ DE  
 7:30 503 Cardio Groove ♡ BC

6:30 Bachata Level 1 EV, SM  
 7:30 Casino Rueda Level 1 MV, SGD  
 7:30 Casino Rueda Levels 1.5 & 2\* MV, SGD

9AM Power Pilates ⇄ JH 15  
 10AM ReFit ♡ BC

**PRIVATE EVENT RENTALS**  
 Contact us for availability

9AM Strength Mash-up ⇄ DDS 16  
 10AM Dance Mash-up ♡ DDS

**Diva Den STUDIO**  
**3-YEAR CELEBRATION**  
**ALL INSTRUCTOR MASH-UP**  
 9AM STRENGTH  
 10AM CARDIO *Free*

9AM TONE & Stretch ⇄ SR 17  
 10AM Comin in HOT ♡ SR

4:00 Night Club 2-Step Level 1 HW  
 5:00 Country 2-Step Level 2\* HM  
 5-6:30 Salsa/ Bachata Level 1 HW

**SUNDAY SOCIAL**  
 \*NEW EARLIER TIME\*  
**BALLROOM SALSA/ BACHATA**  
 Lessons at 6PM, Dancing at 6:30PM  
**\$10/person**

9AM Power Hour ⇄ JS 18  
 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 2.5\* PV, SM  
 7:30-9 Salsa/ Bachata Level 1.5\* SG

9AM Step & Sculpt ♡ AV 19  
 5:30 Step & Sculpt ♡ AV  
 6:30 ReFit ♡ BC

6:30 Country 2-Step Level 1 HM  
 7:00 Country Swing Practice  
 7:30 WCS Social Patterns Level 2+ LA, JM  
 7:30 WCS Concepts Level 2+ EZ, HM  
 7:45 Line Dancing + practice KN

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

9AM Totally Toned ⇄ JS 20  
 10AM Core & Stretch ⇄ JH

5:30 Hard CORE - Booty ♡ SR  
 6:30 Comin in HOT ♡ SR

6:30 West Coast Swing Level 1 LA, JM  
 6:30 Casino Rueda Level 3\* MV  
 7:30-9 Salsa/ Bachata Level 1 SG  
 7:30-9 Salsa/ Bachata Level 2\* PV, SM  
 7:30-9 Salsa/ Bachata Level 3\* AC, JO

9AM Meet Me at the BARRE ⇄ AV 21  
 6:30 Turn Up Dance ♡ DE  
 7:30 503 Cardio Groove ♡ BC

6:30 Bachata Level 1 EV, SM  
 7:30 Casino Rueda Level 1 MV, SGD  
 7:30 Casino Rueda Levels 1.5 & 2\* MV, SGD

9AM Power Pilates ⇄ JH 22  
 10AM ReFit ♡ BC

**FRIDAY FUSION**  
 3 FLOORS of DANCING 7:30PM-1AM  
**COUNTRY NIGHT**  
**LATIN NIGHT**

**DANCING STARTS AT 7:30PM**  
 Lessons at 7:45 & 8:30PM  
 See website for more info  
**\$15/person or 2 for \$20**

9AM REV + Tone ⇄ BC 23  
 10AM Mixed Tape ♡ BC

**PRIVATE EVENT RENTALS**  
 Contact us for availability

9AM TONE & Stretch ⇄ SR 24  
 10AM Comin in HOT ♡ SR

4:00 Night Club 2-Step Level 1 HW  
 5:00 Country 2-Step Level 2\* HM  
 5-6:30 Salsa/ Bachata Level 1 HW

9AM Power Hour ⇄ JS 25  
 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 2.5\* PV, SM  
 7:30-9 Salsa/ Bachata Level 1.5\* SG

9AM Step & Sculpt ♡ AV 26  
 5:30 Step & Sculpt ♡ AV  
 6:30 ReFit ♡ BC

6:30 Country 2-Step Level 1 HM  
 7:00 Country Swing Practice  
 7:30 WCS Social Patterns Level 2+ LA, JM  
 7:30 WCS Concepts Level 2+ EZ, HM  
 7:45 Line Dancing + practice KN

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

9AM Totally Toned ⇄ JS 27  
 10AM Core & Stretch ⇄ JH

5:30 Hard CORE - Booty ♡ SR  
 6:30 Comin in HOT ♡ SR

6:30 West Coast Swing Level 1 LA, JM  
 6:30 Casino Rueda Level 3\* MV  
 7:30-9 Salsa/ Bachata Level 1 SG  
 7:30-9 Salsa/ Bachata Level 2\* PV, SM  
 7:30-9 Salsa/ Bachata Level 3\* AC, JO

9-10:30AM THANKSGIVING WORKOUT 28  
 BARRE & DANCE AV, SR

**Happy Thanksgiving!**

9AM Power Pilates ⇄ JH 29  
 10AM ReFit ♡ BC

**PRIVATE EVENT RENTALS**  
 Contact us for availability

9AM REV + Tone ⇄ BC 30  
 10AM Mixed Tape ♡ BC

**PRIVATE EVENT RENTALS**  
 Contact us for availability