

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SEPTEMBER

2026

6

9AM Build 2 Burn
10AM Pilates POP-UP
11AM Hip Hop HIITs POP-UP

KG
KG
LW

FREE

CHECK OUT THESE
LABOR DAY CLASSES

HAPPY
LABOR
DAY

9AM JAZZERCISE™
FREE for members

13

4:00 Night Club 2-Step Level 1 BB
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

9AM Build 2 Burn
5:30 Total Body Workout

KG
BD

14

6:30 West Coast Swing Level 1 HS,RM
Recommended: 2 months of any partner dance
6:30 Casino Rueda Level 1* MV, AJ
7:30 West Coast Swing Pratica HS,RM
Opportunity to test for Level 1.5 in October
7:30-9 Salsa/ Bachata Level 1.5* HW,LK
7:30 Salsa Level 3* SG,MV

9AM JAZZERCISE™
FREE for members

20

4:00 Night Club 2-Step Level 1 BB
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

9AM Build 2 Burn
5:30 Total Body Workout

KG
BD

21

6:30 West Coast Swing Level 1 HS,RM
Recommended: 2 months of any partner dance
6:30 Casino Rueda Level 1* MV, AJ
7:30 West Coast Swing Pratica HS,RM
Opportunity to test for Level 1.5 in October
7:30-9 Salsa/ Bachata Level 1.5* HW,LK
7:30 Salsa Level 3* JO,AC

9AM JAZZERCISE™
FREE for members

27

4:00 Night Club 2-Step Level 1 BB
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

9AM Build 2 Burn
5:30 Total Body Workout

KG
BD

28

6:30 West Coast Swing Level 1 HS,RM
Recommended: 2 months of any partner dance
6:30 Casino Rueda Level 1* MV, AJ
7:30 West Coast Swing Pratica HS,RM
Opportunity to test for Level 1.5 in October
7:30-9 Salsa/ Bachata Level 1.5* SG,LK
7:30 Salsa Level 3* MS,KB

9AM Step & Core AV 1

7:45 Line Dancing Level 1 KN

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

9AM Step & Core AV 8

5:30 Barre & Stretch AV

6:30 Country 2-Step Level 1 EZ
6:30 Country Swing Level 2/3* KN,JR
7:30 Country 2-Step Level 2* EZ
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

9AM Step & Core AV 15

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

9AM Step & Core AV 22

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

9AM Step & Core AV 29

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

9AM Pilates Sculpt JA 2

Partner dance classes resume on September 8
Morning fitness as normal

LAST
CHANCE

for LEGACY
MEMBERSHIPS

New rates starting Oct 1, 2026
Lock in your lower rate now!

9AM Pilates Sculpt JA 9

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 Bachata Intensive Level 2+* JO,AC
By audition or invitation only

9AM Pilates Sculpt JA 16

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 Bachata Intensive Level 2+* JO,AC
By audition or invitation only

9AM Pilates Sculpt JA 23

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 Bachata Intensive Level 2+* JO,AC
By audition or invitation only

9AM Pilates Sculpt JA 30

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 Bachata Intensive Level 2+* JO,AC
By audition or invitation only

9AM Meet Me at the Barre AV 3

9AM Meet Me at the Barre AV 10

6:30 Bachata Level 1 EV,SM
6:30 Cha Cha Level 1 LK
7:45 Ladies Bachata Styling SM
Beyond Beginner
7:45 Salsa Level 1 SG,LK
7:45 Casino Rueda Lvls 1.5* & 2* MV,AJ
Prior experience required

9AM Meet Me at the Barre AV 17

6:30 Bachata Level 1 EV,SM
6:30 Cha Cha Level 1 LK
7:45 Ladies Bachata Styling SM
Beyond Beginner
7:45 Salsa Level 1 SG,LK
7:45 Casino Rueda Lvls 1.5* & 2* MV,AJ
Prior experience required

9AM Meet Me at the Barre AV 24

6:30 Bachata Level 1 EV,SM
6:30 Cha Cha Level 1 LK
7:45 Ladies Bachata Styling SM
Beyond Beginner
7:45 Salsa Level 1 SG,LK
7:45 Casino Rueda Lvls 1.5* & 2* MV,AJ
Prior experience required

9AM Meet Me at the Barre AV 24

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

9:15AM JAZZERCISE™
FREE for members

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PRIVATE EVENT RENTALS
Contact us for availability

9:15AM JAZZERCISE™
FREE for members

11

LATIN
NIGHT

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

9:15AM JAZZERCISE™
FREE for members

18

LEARN TO DANCE
BEGINNER
NIGHT

8PM - 11PM
Country & Latin lessons
See website for more info

9:15AM JAZZERCISE™
FREE for members

25

FRIDAY
FUSION

COUNTRY NIGHT
LATIN NIGHT
8PM - 1AM
Lessons at 8:15 & 9PM
See website for more info

7AM & 9AM JAZZERCISE™
FREE for members

5

PRIVATE EVENT RENTALS
Contact us for availability

7AM & 9AM JAZZERCISE™
FREE for members

12

PRIVATE EVENT RENTALS
Contact us for availability

7AM & 9AM JAZZERCISE™
FREE for members

19

PRIVATE EVENT RENTALS
Contact us for availability

7AM & 9AM JAZZERCISE™
FREE for members

26

PRIVATE EVENT RENTALS
Contact us for availability

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

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

* = Instructor Approval REQUIRED

♥ = Cardio Class
👉 = Mat Class
🏋️ = Strength Class