

FEBRUARY 2023

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
INSTRUCTOR KEY													
AH	Amber Haider	JF	Joe Ferreira	MV	Miguel Vazquez	BC	1	9AM	Meet Me at the BARRE	AV	2	9AM	REV + Tone
AV	Amy V	JC	Jana Corneliusen	PV	Paul Venecia	AH		10AM	Club Dance	BK		10AM	Club Dance
AJ	Ayana Johnston	JH	Janet Hewitt	SG	Shawn Gardner	SR		5:30	Hard CORE - Booty	BC		9AM	Power Pilates
BC	Brenda Carlson	JS	Jodie Swanegan	SM	Sierra Mullins	SR		6:30	Comin in HOT	BC		10AM	ReFit
BK	Brooke Kollie	KB	Kristina Boulanger	SO	Sarah Olson	SR		6:30	West Coast Swing Level 1	LA, JC		6:30-11 ALL AGES FOLK DANCE SOCIAL \$10 / Included in Membership LT	
BR	Brenda Russell	LA	Luke Adams	SR	Syd Reed	SR		7:30-9	Salsa/Bachata Level 2*	PV, SO		PRIVATE EVENT RENTALS Contact us for availability	
DR	Debbie Rakfeldt	LT	Lauri Tauscher	TB	Tim Bauer	SR		7:30	West Coast Swing Level 3/4*	LA, JC		PRIVATE EVENT RENTALS Contact us for availability	
EZ	Eric Zimmer	MS	Miles Schofield	TR	Tim & Ro	SR		7:30-8	Intro Argentine Tango	JF		PRIVATE EVENT RENTALS Contact us for availability	

* Indicates Instructor Approval REQUIRED

5

10AM Comin in HOT SR
11AM TONE & Stretch SR

5 Country 2-Step Level 1 LA
5 Country 2-Step Level 2* TB
6 Cha Cha Level 1 SG
6-7:30 Salsa/Bachata Level 1 PV, SM

2 ROOM SUNDAY SOCIAL BALLROOM
SALSA & BACHATA - BAR & FOOD
Lessons 7-7:30 Dancing til 10pm
\$10 or Included in Membership

6

9AM Power Hour SR
10AM Mixxed Tape BC
5:30 Hard CORE - Arms SR
6:30 Dance Fit SR

6:30-7:30 Argentine Tango Level 1 JF
7:30-8:30 Argentine Tango Level 2* JF

7

9AM Step & Sculpt AV
10AM Totally Toned JS
5:30 Step & Sculpt AV
6:30 ReFit BC

6:30-8 Salsa/Bachata Level 3* PV, SM
6:30-8 Salsa/Bachata Level 4* MS, SG
8:00 West Coast Swing Level 2* DR
8:00 Casino Rueda Level 3* MV

8

9AM REV + Tone BC
10AM Club Dance AH
5:30 Hard CORE - Booty SR
6:30 Comin in HOT SR

6:30 West Coast Swing Level 1 LA, JC
7:30-9 Salsa/Bachata Level 2* PV, SO
7:30 West Coast Swing Level 3/4* LA, JC
7:30-8 Intro Argentine Tango JF

Mid-Week Social
West Coast Swing at 8:30PM
Arg Tango Practica at 8:00PM
\$10 or Included in Membership

9

9AM Meet Me at the BARRE AV
5:30 Lifting the BARRE BK
7:30 503 Cardio Groove BC

6:30-8 Salsa/Bachata Level 1 SG
7:30 Casino Rueda Level 1 MV
8:30 Casino Rueda Level 2* MV

10

9AM Power Pilates JH
10AM ReFit BC

FRIDAY FUSION PRE-VALENTINES
TRAFFIC LIGHT PARTY
\$15 / 2 for \$20 / Membership
See UPCOMING EVENTS for more info

11

9AM REV + Tone BC
10AM Mixxed Tape BC

PRIVATE EVENT RENTALS
Contact us for availability

12

10AM Comin in HOT SR
11AM TONE & Stretch SR

5 Country 2-Step Level 1 LA
5 Country 2-Step Level 2* TB
6 Cha Cha Level 1 SG
6-7:30 Salsa/Bachata Level 1 PV, SM

13

9AM Power Hour SR
10AM Mixxed Tape BC
5:30 Hard CORE - Arms SR
6:30 Dance Fit SR

6:30-7:30 Argentine Tango Level 1 JF
7:30-8:30 Argentine Tango Level 2* JF

14

9AM Step & Sculpt AV
10AM Totally Toned JS
5:30 Step & Sculpt AV
6:30 ReFit BC

6:30-8 Salsa/Bachata Level 3* PV, SM
6:30-8 Salsa/Bachata Level 4* MS, SG
8:00 West Coast Swing Level 2* DR
8:00 Casino Rueda Level 3* MV

15

9AM REV + Tone BC
10AM Club Dance AH
5:30 Hard CORE - Booty SR
6:30 Comin in HOT SR

6:30 West Coast Swing Level 1 LA, JC
7:30-9 Salsa/Bachata Level 2* PV, SO
7:30 West Coast Swing Level 3/4* EZ, JC
7:30-8 Intro Argentine Tango JF

Mid-Week Social
West Coast Swing at 8:30PM
Arg Tango Practica at 8:00PM
\$10 or Included in Membership

16

9AM Meet Me at the BARRE AV
5:30 Lifting the BARRE BK
7:30 503 Cardio Groove BC

6:30-8 Salsa/Bachata Level 1 SG
7:30 Casino Rueda Level 1 MV
8:30 Casino Rueda Level 2* MV

17

9AM Power Pilates JH
10AM ReFit BC

PRIVATE EVENT RENTALS
Contact us for availability

18

9AM REV + Tone BC
10AM Mixxed Tape BC

11:30-1PM Ladies Styling Workshop
Level 2+ Bachata SM

NOT INCLUDED IN MEMBERSHIP
\$10 - Members / \$25 - Drop-in

19

10AM Comin in HOT SR
11AM TONE & Stretch SR

5 Country 2-Step Level 1 LA
5 Country 2-Step Level 2* TB
6 Cha Cha Level 1 SG
6-7:30 Salsa/Bachata Level 1 PV, SM

2 ROOM SUNDAY SOCIAL WEST COAST SWING
SALSA & BACHATA - BAR & FOOD
Lessons 7-7:30 Dancing til 10pm
\$10 or Included in Membership

20

9AM Power Hour SR
10AM Mixxed Tape BC
5:30 Hard CORE - Arms SR
6:30 Dance Fit SR

6:30-7:30 Argentine Tango Level 1 JF
7:30-8:30 Argentine Tango Level 2* JF

21

9AM Step & Sculpt AV
10AM Totally Toned JS
5:30 Step & Sculpt AV
6:30 ReFit BC

6:30-8 Salsa/Bachata Level 3* PV, SM
6:30-8 Salsa/Bachata Level 4* MS, KB
8:00 West Coast Swing Level 2* DR
8:00 Casino Rueda Level 3* MV

22

9AM REV + Tone BC
10AM Club Dance AH
5:30 Hard CORE - Booty SR
6:30 Comin in HOT SR

6:30 West Coast Swing Level 1 LA, JC
7:30-9 Salsa/Bachata Level 2* PV, SO
7:30 West Coast Swing Level 3/4* EZ, JC
7:30-8 Intro Argentine Tango JF

Mid-Week Social
West Coast Swing at 8:30PM
Arg Tango Practica at 8:00PM
\$10 or Included in Membership

23

9AM Meet Me at the BARRE AV
5:30 Lifting the BARRE BK
7:30 503 Cardio Groove BC

6:30-8 Salsa/Bachata Level 1 SG
7:30 Casino Rueda Level 1 MV
8:30 Casino Rueda Level 2* MV

24

9AM Power Pilates JH
10AM ReFit BC

FRIDAY FUSION
3 ROOMS of DANCING
Country Mix, Salsa and Bachata
Lessons at 7:45 & 8:30PM
See website for more INFO
\$15, 2 for \$20 or Membership

25

9AM REV + Tone BC
10AM Mixxed Tape BC

PRIVATE EVENT RENTALS
Contact us for availability

26

10AM Comin in HOT SR
11AM TONE & Stretch SR

5 Country 2-Step Level 1 LA
5 Country 2-Step Level 2* TB
6 Cha Cha Level 1 SG
6-7:30 Salsa/Bachata Level 1 PV, SM

27

9AM Power Hour SR
10AM Mixxed Tape BC
5:30 Hard CORE - Arms SR
6:30 Dance Fit SR

6:30-7:30 Argentine Tango Level 1 JF
7:30-8:30 Argentine Tango Level 2* JF

28

9AM Step & Sculpt AV
10AM Totally Toned JS
5:30 Step & Sculpt AV
6:30 ReFit BC

6:30-8 Salsa/Bachata Level 3* PV, SM
6:30-8 Salsa/Bachata Level 4* MS, KB
8:00 West Coast Swing Level 2* DR
8:00 Casino Rueda Level 3* MV

ALL-ACCESS MEMBERSHIP \$95/ MONTH

INCLUDES: ALL CLASSES! ALL SOCIALS!

MEMBERSHIP RATES GOING UP THIS MONTH LOCK IN THIS LOW RATE NOW!

FITNESS ONLY MEMBERSHIP \$79/ MONTH

INCLUDES: ALL FITNESS CLASSES

SILVER & FIT MEMBERSHIP OPTIONS

INCLUDES: ALL CLASSES! ALL SOCIALS!

ASK THE FRONT DESK FOR MORE INFO

DROP-IN / CLASS RATES

Fitness Classes \$20/Class
Dance Classes \$19 - \$25/Class
Morning Childcare \$10/Session
Practice Passes available \$6 - \$11/HR

█ = Fitness Classes
█ = Dance Classes

SOCIALS

SUN: \$10 or INCLUDED in Membership
WED: \$10 or INCLUDED in Membership
FRI: \$15/ 2 for \$20/ INC in Membership
SEE DETAILS ON ZEN PLANNER ONLINE