

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9AM JAZZERCISE™ FREE for members 2 4:00 Night Club 2-Step 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 KG 3 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 Mid-session - instructor approval required 7:30 Country Swing Level 2/3* NM,HS 7:30-9 Salsa/ Bachata Level 1.5* SG,LK 7:30-9 Bachata Workshop Level 2+* MS,KB Tricks & Dips Check out our August Salsa & Bachata Level 2+ workshop series!	9AM Step & Core AV 4 5:30 Barre & Stretch 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™ ND 5 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 Level 1.5* KN,NM 7:45 Bachata Intensive Level 2+* JO,AC By audition or invitation only	9AM Meet Me at the Barre AV 6 6:30 Bachata Level 1 EV,SM 7:30 Salsa Level 1 EV,SG 7:30 Casino Rueda Lvls 1.5* & 2* MV,AJ Prior experience required	9:15AM JAZZERCISE™ FREE for members 7 PRIVATE EVENT RENTALS Contact us for availability	7AM & 9AM JAZZERCISE™ FREE for members 8 PRIVATE EVENT RENTALS Contact us for availability
9AM JAZZERCISE™ FREE for members 9 4:00 Night Club 2-Step 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 KG 10 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 Mid-session - instructor approval required 7:30 Country Swing Level 2/3* NM,HS 7:30-9 Salsa/ Bachata Level 1.5* SG,LK 7:30-9 Salsa Workshop Level 2+* EV,HW Footwork & Shines	9AM Step & Core AV 11 5:30 Barre & Stretch 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™ ND 12 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 Level 1.5* KN,NM 7:45 Bachata Intensive Level 2+* JO,AC By audition or invitation only	9AM Meet Me at the Barre AV 13 6:30 Bachata Level 1 EV,SM 7:30 Salsa Level 1 EV,SG 7:30 Casino Rueda Lvls 1.5* & 2* MV,AJ Prior experience required	9:15AM JAZZERCISE™ FREE for members 14 8:30PM - 1AM Lessons at 8:45 & 9:30PM See website for more info	7AM & 9AM JAZZERCISE™ FREE for members 15 PRIVATE EVENT RENTALS Contact us for availability
9AM JAZZERCISE™ FREE for members 16 4:00 Night Club 2-Step 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 KG 17 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 Mid-session - instructor approval required 7:30 Country Swing Level 2/3* NM,HS 7:30-9 Salsa/ Bachata Level 1.5* SG,LK 7:30-9 Bachata Workshop Level 2+* AC,JO Body Rolls & Waves	9AM Step & Core AV 18 5:30 Barre & Stretch 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™ ND 19 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 Level 1.5* KN,NM 7:45 Bachata Intensive Level 2+* JO,AC By audition or invitation only	9AM Meet Me at the Barre AV 20 6:30 Bachata Level 1 EV,SM 7:30 Salsa Level 1 EV,SG 7:30 Casino Rueda Lvls 1.5* & 2* MV,AJ Prior experience required	9:15AM JAZZERCISE™ FREE for members 21 PRIVATE EVENT RENTALS Contact us for availability	7AM & 9AM JAZZERCISE™ FREE for members 22 PRIVATE EVENT RENTALS Contact us for availability
9AM JAZZERCISE™ FREE for members 23 4:00 Night Club 2-Step 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 KG 24 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 Mid-session - instructor approval required 7:30 Country Swing Level 2/3* NM,HS 7:30-9 Salsa/ Bachata Level 1.5* SG,LK 7:30-9 Salsa Workshop Level 2+* PV,SM Spins & Styling	9AM Step & Core AV 25 5:30 Barre & Stretch 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™ ND 26 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 Level 1.5* KN,NM 7:45 Bachata Intensive Level 2+* JO,AC By audition or invitation only	9AM Meet Me at the Barre AV 27 6:30 Bachata Level 1 EV,SM 7:30 Salsa Level 1 EV,SG 7:30 Casino Rueda Lvls 1.5* & 2* MV,AJ Prior experience required	9:15AM JAZZERCISE™ FREE for members 28 8:00PM - 1AM Lessons at 8:15 & 9PM See website for more info	7AM & 9AM JAZZERCISE™ FREE for members 29 PRIVATE EVENT RENTALS Contact us for availability
9AM JAZZERCISE™ FREE for members 30 Dance Classes & Socials on Break Aug 30 - Sept 7 (Resuming Sept 8)	9AM Build 2 Burn KG 31 5:30 Total Body Workout BD	DROP-IN CLASS RATES Fitness Classes \$12 / class Dance Classes \$20 - \$25 / class Practice Passes \$6 - \$11 / hour ★ = Instructor Approval REQUIRED ■ = Fitness Class = Cardio Class ■ = Dance Class = Strength Class 👉 = 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	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	INSTRUCTORS AC Adrian Contreras AJ Ayana Johnston AV Amy V BD Brooke Doty EV Enrique Villarreal EZ Eric Zimmer HS Haley Skredsvig HW Haley Wayt JO Julia Ostrovskaia KG Kim Goeden KN Kat Nichols LK LeeAnn Kamerman MN Miguel Vazquez ND Nina DeLeon NM Nathan McCall PNWS Pacific NW Stompers PV Paul Venecia RM Robyn Maile SG Shawn Gardner SM Sierra Mullins	AUGUST 2026	