

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

APRIL 2025

9AM Tone & Stretch SR 6
10AM Comin in Hot SR

4:00 Bachata Level 2* AC,JO
5:00 Cumbia Level 1 EV
5:00 Night Club 2-Step Level 2* HW
6-7:30 Salsa/ Bachata Level 1 HW
6:00 West Coast Swing Level 2+* EZ, JM

SUNDAY SOCIAL
BALLROOM SALSA/ BACHATA
Lessons at 7PM, Dancing at 7:30PM
\$10/person

9AM Tone & Stretch SR 13
10AM Comin in Hot SR

4:00 Bachata Level 2* AC,JO
5:00 Cumbia Level 1 EV
5:00 Night Club 2-Step Level 2* HW
6-7:30 Salsa/ Bachata Level 1 HW
6:00 West Coast Swing Level 2+* EZ, JM



9AM Tone & Stretch SR 27
10AM Comin in Hot SR

4:00 Bachata Level 2* AC,JO
5:00 Cumbia Level 1 EV
5:00 Night Club 2-Step Level 2* HW
6-7:30 Salsa/ Bachata Level 1 HW
6:00 West Coast Swing Level 2+* EZ, JM

9AM Totally Toned JS 7
10AM Mixxed Tape BC

6:30 Country Swing Level 2* DS, HM
7:30 Country Swing Level 1 DS, HM
7:30-9 Salsa/ Bachata Level 2.5* PV, SM
7:30-9 Salsa/ Bachata Level 1.5* NEW SG

9AM Totally Toned JS 14
10AM Mixxed Tape BC

6:30 Country Swing Level 2* DS, HM
7:30 Country Swing Level 1 DS, HM
7:30-9 Salsa/ Bachata Level 2.5* PV, SM
7:30-9 Salsa/ Bachata Level 1.5* NEW SG

9AM Totally Toned JS 21
10AM Mixxed Tape BC

6:30 Country Swing Level 2* DS, HM
7:30 Country Swing Level 1 DS, HM
7:30-9 Salsa/ Bachata Level 2.5* PV, SM
7:30-9 Salsa/ Bachata Level 1.5* NEW SG

9AM Totally Toned JS 28
10AM Mixxed Tape BC

6:30 Country Swing Level 2* DS, HM
7:30 Country Swing Level 1 DS, HM
7:30-9 Salsa/ Bachata Level 2.5* PV, SM
7:30-9 Salsa/ Bachata Level 1.5* NEW SG

9AM Step & Core NEW AV 1
5:30 Barre & Stretch AV
6:30 ReFit BC
6:30 Country 2-Step Level 1 HM
7:00 Guided Country Practice PDXW
7:30 Country 2-Step Level 2* HM
7:45 Line Dancing lesson + practice KN

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

9AM Step & Core NEW AV 8
5:30 Barre & Stretch AV
6:30 ReFit BC

6:30 Country 2-Step Level 1 HM
7:00 Guided Country Practice PDXW
7:30 Country 2-Step Level 2* HM
7:45 Line Dancing lesson + practice KN

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

9AM Step & Core NEW AV 15
5:30 Barre & Stretch AV
6:30 ReFit BC

6:30 Country 2-Step Level 1 HM
7:00 Guided Country Practice PDXW
7:30 Country 2-Step Level 2* HM
7:45 Line Dancing lesson + practice KN

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

9AM Step & Core NEW AV 22
5:30 Barre & Stretch AV
6:30 ReFit BC

6:30 Country 2-Step Level 1 HM
7:00 Guided Country Practice PDXW
7:30 Country 2-Step Level 2* HM
7:45 Line Dancing lesson + practice KN

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

9AM Step & Core NEW AV 29
5:30 Barre & Stretch AV
6:30 ReFit BC

6:30 Country 2-Step Level 1 HM
7:00 Guided Country Practice PDXW
7:30 Country 2-Step Level 2* HM
7:45 Line Dancing lesson + practice KN

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

9AM Power Hour JS 2
10AM Core & Stretch JH
5:30 Hard Core - Booty SR
6:30 Comin in Hot SR

6:30 Country Swing Level 1 NEW CR, MP
6:30 Casino Rueda Level 3* MV
7:30-9 Salsa/ Bachata Level 1 HW
7:30-9 Salsa/ Bachata Level 2* PV, SM
7:30-9 Salsa/ Bachata Performance3* MS, KB

9AM Power Hour JS 9
10AM Core & Stretch JH

6:30 Country Swing Level 1 NEW CR, MP
6:30 Casino Rueda Level 3* MV
7:30-9 Salsa/ Bachata Level 1 HW
7:30-9 Salsa/ Bachata Level 2* PV, SM
7:30-9 Salsa/ Bachata Performance3* MS, KB

9AM Power Hour JS 16
10AM Core & Stretch JH

6:30 Country Swing Level 1 NEW CR, MP
6:30 Casino Rueda Level 3* MV
7:30-9 Salsa/ Bachata Level 1 HW
7:30-9 Salsa/ Bachata Level 2* PV, SM
7:30-9 Salsa/ Bachata Performance3* MS, KB

9AM Power Hour JS 23
10AM Core & Stretch JH

6:30 Country Swing Level 1 NEW CR, MP
6:30 Casino Rueda Level 3* MV
7:30-9 Salsa/ Bachata Level 1 HW
7:30-9 Salsa/ Bachata Level 2* PV, SM
7:30-9 Salsa/ Bachata Performance3* MS, KB

9AM Power Hour JS 30
10AM Core & Stretch JH

6:30 Country Swing Level 1 NEW CR, MP
6:30 Casino Rueda Level 3* MV
7:30-9 Salsa/ Bachata Level 1 HW
7:30-9 Salsa/ Bachata Level 2* PV, SM
7:30-9 Salsa/ Bachata Performance3* MS, KB

9AM Meet Me at the Barre AV 3
7:30 503 Cardio Groove BC

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

9AM Meet Me at the Barre AV 10
7:30 503 Cardio Groove BC

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

9AM Meet Me at the Barre AV 17
7:30 503 Cardio Groove BC

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

9AM Meet Me at the Barre AV 24
7:30 503 Cardio Groove BC

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

9AM Power Pilates JH 4
10AM ReFit BC
12PM Hip Hop HIITs LW

PRIVATE EVENT RENTALS
Contact us for availability

9AM Power Pilates JH 11
10AM ReFit BC
12PM Hip Hop HIITs LW

LATIN NIGHT
3 FLOORS of DANCING 8:00PM-1AM
Salsa, Bachata, Cumbia, & Reggaeton
DOORS OPEN AT 8:00PM
Lessons at 8:30 & 9:15PM
See website for more info
\$15/person or 2 for \$20

9AM Power Pilates JH 18
10AM ReFit BC
12PM Hip Hop HIITs LW

PRIVATE EVENT RENTALS
Contact us for availability

9AM Power Pilates JH 25
10AM ReFit BC
12PM Hip Hop HIITs LW

COUNTRY NIGHT & LATIN NIGHT
DOORS OPEN AT 7:30PM
Lessons & more info on website
3 FLOORS of DANCING 7:30PM-1AM
\$15/person or 2 for \$20

9AM Power Pilates JH 25
10AM ReFit BC
12PM Hip Hop HIITs LW

INSTRUCTOR KEY
AC Adrian Contreras
AV Amy V
BC Brenda Carlson
CR Cole Runion
DS David Saylor
EV Enrique Villarreal
EZ Eric Zimmer
HM Haley Miller
HW Haley Wayt
JH Janet Hewitt
JM Jana Marie
JO Julia Ostrovskaia
JS Jodie Swanegan
KB Kristina Boulanger
KN Kat Nichols
LW LaTosha Wilson
MP Madi Puryear
MS Miles Schofield
MV Miguel Vazquez
PV Paul Venecia
SG Shawn Gardner
SM Sierra Mullins
SR Syd Reed
PDXW PDX Weekly
* Indicates Instructor Approval REQUIRED

9AM Rev + Tone BC 5
10AM Mixxed Tape BC

PRIVATE EVENT RENTALS
Contact us for availability

9AM Rev + Tone BC 12
10AM Mixxed Tape BC

PRIVATE EVENT RENTALS
Contact us for availability

9AM Rev + Tone BC 19
10AM Mixxed Tape BC

PRIVATE EVENT RENTALS
Contact us for availability

9AM Rev + Tone BC 26
10AM Mixxed Tape BC

PRIVATE EVENT RENTALS
Contact us for availability

Membership Options
INTRO - \$59/month
STUDENT - \$70/month
FITNESS - \$99/month
ALL-ACCESS - \$120/month
ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS

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
DETAILS ON ZEN PLANNER ONLINE