

MARCH 2023

INSTRUCTOR KEY

AH	Amber Haider	KB	Kristina Boulanger
AV	Amy V	LA	Luke Adams
AJ	Ayana Johnston	MS	Miles Schofield
BC	Brenda Carlson	MV	Miguel Vazquez
BK	Brooke Kollie	PV	Paul Venecia
DR	Debbie Rakfeldt	SD	Sara Decker
EZ	Eric Zimmer	SG	Shawn Gardner
JF	Joe Ferreira	SM	Sierra Mullins
JC	Jana Corneliusen	SO	Sarah Olson
JH	Janet Hewitt	SR	Syd Reed
JS	Jodie Swanegan	TR	Tim & Ro

DROP-IN CLASS RATES

Fitness Classes	\$20/Class
Dance Classes	\$20 - \$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

*** Indicates Instructor Approval REQUIRED**

5

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

5 Country 2-Step Level 1 LA, JC
5 Cha Cha Level 1 SG
6 West Coast Swing Level 2* LA, JC
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/person

6

9AM	Power Hour	SR
10AM	Mixed 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/KB
8:00 Country 2-Step Level 2* LA
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, SG
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/person

9

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

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
3 ROOMS of DANCING
Country, Line/Party Club & Salsa/Bachata

Lessons at 7:45 & 8:30PM
See website for more INFO
\$15/person or 2 for \$20

11

9AM	REV + Tone	BC
10AM	Mixed 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, JC
5 Cha Cha Level 1 SG
6 West Coast Swing Level 2* LA, JC
6-7:30 Salsa/Bachata Level 1 PV, SM

13

9AM	Power Hour	SR
10AM	Mixed 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/KB
8:00 Country 2-Step Level 2* LA
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, SG
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/person

16

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

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	Mixed Tape	BC

11:30-1PM Level 2+
\$10 Members
\$25 Guests

LADIES STYLING WORKSHOP

1:30 - 3 CANCELLED - JOSHUA's SALSA WORKSHOP - INTERMEDIATE+

19

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

PRANKSTERS BIG BAND TEA DANCE
1:30 - 4PM

FOLK DANCE
1:00 - 4PM

\$10/Person - Entrance to both dances
Included in Membership
More info on Website

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

20

9AM	Power Hour	SR
10AM	Mixed 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, SG/KB
8:00 Country 2-Step Level 2* LA
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 EZ, JC
7:30-9 Salsa/Bachata Level 2* PV, SG
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/person

23

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

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

PRIVATE EVENT RENTALS
Contact us for availability

25

9AM	REV + Tone	BC
10AM	Mixed 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, JC
5 Cha Cha Level 1 SG
6 West Coast Swing Level 2* LA, JC
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/person

27

9AM	Power Hour	SR
10AM	Mixed 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, SG/KB
8:00 Country 2-Step Level 2* LA
8:00 Casino Rueda Level 3* MV

29

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, SG
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/person

30

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

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

31

9AM	Power Pilates	JH
10AM	ReFit	BC

FRIDAY FUSION
3 ROOMS of DANCING
Country Mix, Cumbia & Salsa/Bachata

Lessons at 7:45 & 8:30PM
See website for more INFO
\$15/person or 2 for \$20

Membership Options

INTRO - \$59/Mo
FITNESS - \$99/Mo
ALL-ACCESS - \$120/Mo

ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS