

MAY 2024

AV	Amy V	JH	Janet Hewitt
BC	Brenda Carlson	JO	Julia Ostrowskaia
AC	Adrian Contreras	JS	Jodie Swanegan
DE	Danielle Everson	KB	Kristina Boulanger
DS	David Saylor	LA	Luke Adams
EZ	Eric Zimmer	MS	Miles Schofield
HM	Haley Miller	MV	Miguel Vazquez
HW	Hale Wayt	PV	Paul Venecia
JM	Jana Marie	SG	Shawn Gardner
JD	Jenna Draggoo	SM	Sierra Mullins
		SR	Syd Reed

* Indicates Instructor Approval REQUIRED

INSTRUCTOR KEY

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/ \$20 or INC in Membership
SEE DETAILS ON ZEN PLANNER ONLINE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

9AM TONE & Stretch ↔ SR 5
 10AM Comin in HOT ♡ SR

5 Waltz Level 1 NEW HW
 6 Country 2-Step Level 2* HM
 6-7:30 Salsa/Bachata Level 1 SG, HW
 7-8:30 FREE Country/WCS Practice

PRIVATE EVENT RENTALS
 Contact us for availability

9AM Power Hour ↔ JS 6
 10AM Mixed Tape ♡ BC
 5:30 Hard CORE - Arms ↔ SR
 6:30 Dance Fit ♡ SR

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

9AM Step & Sculpt ♡ AV 7
 5:30 Step & Sculpt ♡ AV
 6:30 ReFit ♡ BC

6:30 Country Swing Practice
 6:30 Country 2-Step Level 1 HM
 7:30 West Coast Swing Level 2* LA, JM
 7:30 West Coast Swing Level 3* EZ, HM

West Coast Swing & Two Step Tuesday
 Dancing at 8:30PM
 \$5/person
 Included in Membership

9AM Totally Toned ↔ JS 8
 10AM Core & Stretch JH
 5:30 Hard CORE - Booty ↔ SR
 6:30 Comin in HOT ♡ SR

6:30 West Coast Swing Level 1 LA, JM
 6:30 Casino Rueda Level 3* MV
 7:30-9 Salsa/Bachata Level 2* PV, SM
 7:30-9 Salsa/Bachata Level 3* MS, KB

9AM Meet Me at the BARRE ↔ AV 9
 6:30 Turn Up Dance ♡ DE
 7:30 503 Cardio Groove ♡ BC

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

9AM Power Pilates ↔ JH 10
 10AM ReFit ♡ BC

FRIDAY FUSION
 3 FLOORS of DANCING
 COUNTRY NIGHT
 LATIN NIGHT

Doors Open at 7:30
 Lessons at 7:45 & 8:30PM
 See website for more INFO
 \$15/ person, 2 for \$20
 Included in Membership

9AM REV + Tone ↔ BC 11
 10AM Mixed Tape ♡ BC

PRIVATE EVENT RENTALS
 Contact us for availability

9AM TONE & Stretch ↔ SR 12
 10AM Comin in HOT ♡ SR

5 Waltz Level 1 NEW HW
 6 Country 2-Step Level 2* HM
 6-7:30 Salsa/Bachata Level 1 SG, HW
 7-8:30 FREE Country/WCS Practice

PRIVATE EVENT RENTALS
 Contact us for availability

9AM Power Hour ↔ JS 13
 10AM Mixed Tape ♡ BC
 5:30 Hard CORE - Arms ↔ SR
 6:30 Dance Fit ♡ SR

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

9AM Step & Sculpt ♡ AV 14
 5:30 Step & Sculpt ♡ AV
 6:30 ReFit ♡ BC

6:30 Country Swing Practice
 6:30 Country 2-Step Level 1 HM
 7:30 West Coast Swing Level 2* LA, JM
 7:30 West Coast Swing Level 3* EZ, HM

West Coast Swing & Two Step Tuesday
 Dancing at 8:30PM
 \$5/person
 Included in Membership

9AM Totally Toned ↔ JS 15
 10AM Core & Stretch JH
 5:30 Hard CORE - Booty ↔ SR
 6:30 Comin in HOT ♡ SR

6:30 West Coast Swing Level 1 LA, JM
 6:30 Casino Rueda Level 3* MV
 7:30-9 Salsa/Bachata Level 2* PV, SM
 7:30-9 Salsa/Bachata Level 3* MS, SG

9AM Meet Me at the BARRE ↔ AV 16
 6:30 Turn Up Dance ♡ DE
 7:30 503 Cardio Groove ♡ BC

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

9AM Power Pilates ↔ JH 17
 10AM ReFit ♡ BC

8AM FREE Trial PlyoJam ♡ AM 18
 9AM REV + Tone ↔ BC
 10AM Mixed Tape ♡ BC

PLYOJAM
 dance powered by plyometrics
 FREE POP UP CLASS 8-9AM

9AM TONE & Stretch ↔ SR 19
 10AM Comin in HOT ♡ SR

5 Waltz Level 1 NEW HW
 6 Country 2-Step Level 2* HM
 6-7:30 Salsa/Bachata Level 1 SG, HW

SUNDAY BALLROOM SOCIAL
 Lesson 7:00PM, Dancing till 9:30PM
 \$10/person
 Included in Membership

9AM Power Hour ↔ JS 20
 10AM Mixed Tape ♡ BC
 5:30 Hard CORE - Arms ↔ SR
 6:30 Dance Fit ♡ SR

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

9AM Step & Sculpt ♡ AV 21
 5:30 Step & Sculpt ♡ AV
 6:30 ReFit ♡ BC

6:30 Country Swing Practice
 6:30 Country 2-Step Level 1 HM
 7:30 West Coast Swing Level 2* LA, JM
 7:30 West Coast Swing Level 3* EZ, HM

West Coast Swing & Two Step Tuesday
 Dancing at 8:30PM
 \$5/person
 Included in Membership

9AM Totally Toned ↔ JS 22
 10AM Core & Stretch JH
 5:30 Hard CORE - Booty ↔ SR
 6:30 Comin in HOT ♡ SR

6:30 West Coast Swing Level 1 LA, JM
 6:30 Casino Rueda Level 3* MV
 7:30-9 Salsa/Bachata Level 2* PV, SM
 7:30-9 Salsa/Bachata Level 3* AC, JO

9AM Meet Me at the BARRE ↔ AV 23
 6:30 Turn Up Dance ♡ DE
 7:30 503 Cardio Groove ♡ BC

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

9AM Power Pilates ↔ JH 24
 10AM ReFit ♡ BC

PRIVATE EVENT RENTALS
 Contact us for availability

9AM REV + Tone ↔ BC 25
 10AM Mixed Tape ♡ BC

PRIVATE EVENT RENTALS
 Contact us for availability

9AM TONE & Stretch ↔ SR 26
 10AM Comin in HOT ♡ SR

HAPPY MEMORIAL DAY WEEKEND!!
 NO EVENING CLASSES

MEMORIAL DAY
 REMEMBER AND HONOR

9AM Power Hour ↔ JS 27
 10AM Mixed Tape ♡ BC

9AM Step & Sculpt ♡ AV 28
 5:30 Step & Sculpt ♡ AV
 6:30 ReFit ♡ BC

6:30 Country Swing Practice
 6:30 Country 2-Step Level 1 HM
 7:30 West Coast Swing Level 2* LA, JM
 7:30 West Coast Swing Level 3* EZ, HM

West Coast Swing & Two Step Tuesday
 Dancing at 8:30PM
 \$5/person
 Included in Membership

9AM Totally Toned ↔ JS 29
 10AM Core & Stretch JH
 5:30 Hard CORE - Booty ↔ SR
 6:30 Comin in HOT ♡ SR

6:30 West Coast Swing Level 1 LA, JM
 6:30 Casino Rueda Level 3* MV
 7:30-9 Salsa/Bachata Level 2* PV, SM
 7:30-9 Salsa/Bachata Level 3* AC, JO

9AM Meet Me at the BARRE ↔ AV 30
 6:30 Turn Up Dance ♡ DE
 7:30 503 Cardio Groove ♡ BC

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

9AM Power Pilates ↔ JH 31
 10AM ReFit ♡ BC

FRIDAY FUSION
 LIVE BAND: SON de CUBA
 COUNTRY NIGHT & LATIN NIGHT

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

Membership Options

INTRO - \$59/Mo
STUDENT - \$70/Mo
FITNESS - \$99/Mo
ALL-ACCESS - \$120/Mo

ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS