

# APRIL 2026

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

## 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**



**NEW TIMES FOR SUNDAY FITNESS**

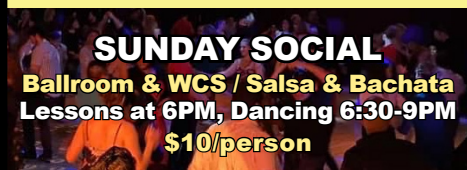
9:30AM	Strength Class	KG	12
10:30AM	Pilates Fusion	KG	
4:00	Cha Cha	Level 1	HW
4:00	Bachata	Level 2*	JO,AC
5-6:30	Salsa/ Bachata	Level 1	HW,LK
5:00	West Coast Swing	Level 2+*	EZ

Followed by practica 6-7PM



**PILATES FUSION TRIAL**

9:30AM	Strength Class	KG	19
10:30AM	GROOV3™	CG	
4:00	Cha Cha	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



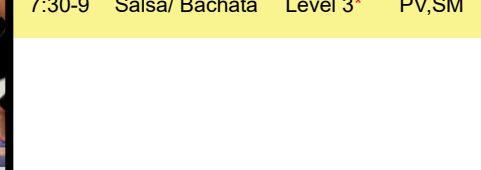
**SUNDAY SOCIAL**  
**Ballroom & WCS / Salsa & Bachata**  
**Lessons at 6PM, Dancing 6:30-9PM**  
**\$10/person**

9:30AM	Strength Class	KG	26
10:30AM	GROOV3™	CG	
4:00	Cha Cha	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

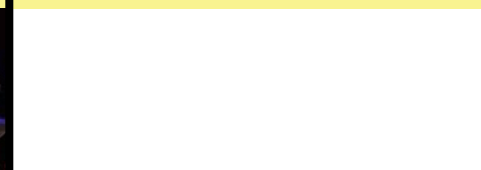
9AM	Build 2 Burn	KG	6
5:30	Total Body Workout	BD	
6:30	Cardio Dance	GA	
6:30	Country Swing	Level 3*	NM,HS
7:30	Country Swing	Level 2*	NM,HS
7:30-9	Salsa/ Bachata	Level 1.5*	SG,LK
7:30-9	Salsa/ Bachata	Level 3*	PV,SM

9AM	Build 2 Burn	KG	13
5:30	Total Body Workout	BD	
6:30	Cardio Dance	GA	
6:30	Country Swing	Level 3*	NM,HS
7:30	Country Swing	Level 2*	NM,HS
7:30-9	Salsa/ Bachata	Level 1.5*	SG,LK
7:30-9	Salsa/ Bachata	Level 3*	PV,SM



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

9AM	Build 2 Burn	KG	20
5:30	Total Body Workout	BD	
6:30	Cardio Dance	GA	
6:30	Country Swing	Level 3*	NM,HS
7:30	Country Swing	Level 2*	NM,HS
7:30-9	Salsa/ Bachata	Level 1.5*	SG,LK
7:30-9	Salsa/ Bachata	Level 3*	PV,SM



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

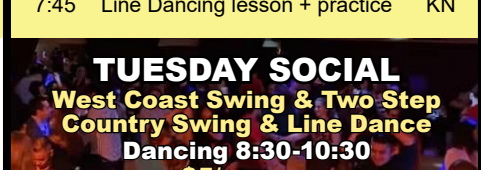
9AM	Build 2 Burn	KG	27
5:30	Total Body Workout	BD	
6:30	Cardio Dance	GA	
6:30	Country Swing	Level 3*	NM,HS
7:30	Country Swing	Level 2*	NM,HS
7:30-9	Salsa/ Bachata	Level 1.5*	SG,LK
7:30-9	Salsa/ Bachata	Level 3*	PV,SM



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

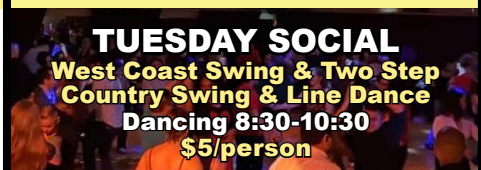
9AM	Step & Core	AV	7
5:30	Barre & Stretch	AV	
6:30	Country 2-Step	Level 1	HS
7:30	Country 2-Step	Level 2*	HS
7:30	Country Swing Practice	PNWS	
7:45	Line Dancing lesson + practice	KN	

9AM	Step & Core	AV	14
5:30	Barre & Stretch	AV	
6:30	Country 2-Step	Level 1	HS
7:30	Country 2-Step	Level 2*	HS
7:30	Country Swing Practice	PNWS	
7:45	Line Dancing lesson + practice	KN	



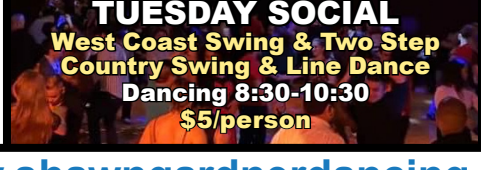
**TUESDAY SOCIAL**  
**West Coast Swing & Two Step**  
**Country Swing & Line Dance**  
**Dancing 8:30-10:30**  
**\$5/person**

9AM	Step & Core	AV	21
5:30	Barre & Stretch	AV	
6:30	Country 2-Step	Level 1	HS
7:30	Country 2-Step	Level 2*	HS
7:30	Country Swing Practice	PNWS	
7:45	Line Dancing lesson + practice	KN	



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

9AM	Step & Core	AV	28
5:30	Barre & Stretch	AV	
6:30	Country 2-Step	Level 1	HS
7:30	Country 2-Step	Level 2*	HS
7:30	Country Swing Practice	PNWS	
7:45	Line Dancing lesson + practice	KN	



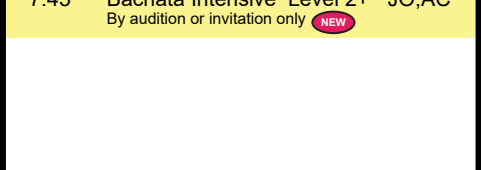
**TUESDAY SOCIAL**  
**West Coast Swing & Two Step**  
**Country Swing & Line Dance**  
**Dancing 8:30-10:30**  
**\$5/person**

9AM	Turn Up & Tone™	ND	8
6:30	Country Swing	Level 1	NM,RM
6:30	Casino Rueda	Level 3*	MV
7:30-9	Salsa/ Bachata	Level 2*	PV,SM
7:45	Bachata Intensive	Level 2+*	JO,AC

By audition or invitation only

9AM	Turn Up & Tone™	ND	15
6:30	Country Swing	Level 1	NM,RM
6:30	Casino Rueda	Level 3*	MV
7:30-9	Salsa/ Bachata	Level 2*	PV,SM
7:45	Bachata Intensive	Level 2+*	JO,AC

By audition or invitation only



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

9AM	Turn Up & Tone™	JA	22
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	Bachata Intensive	Level 2+*	JO,AC

By audition or invitation only



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

9AM	Turn Up & Tone™	JA	29
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	Bachata Intensive	Level 2+*	JO,AC

By audition or invitation only



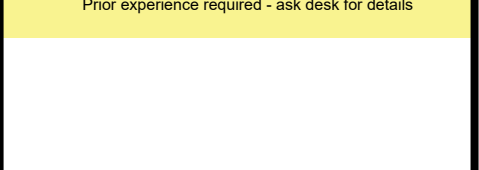
**TUESDAY SOCIAL**  
**West Coast Swing & Two Step**  
**Country Swing & Line Dance**  
**Dancing 8:30-10:30**  
**\$5/person**

9AM	Meet Me at the Barre	AV	9
6:30	Bachata	Level 1	EV,SM
7:30	Salsa	Level 1	EV
7:30	Casino Rueda	Lvls 1.5* & 2*	MV,AJ

Prior experience required - ask desk for details

9AM	Meet Me at the Barre	AV	16
6:30	Bachata	Level 1	EV,SM
7:30	Salsa	Level 1	EV
7:30	Casino Rueda	Lvls 1.5* & 2*	MV,AJ

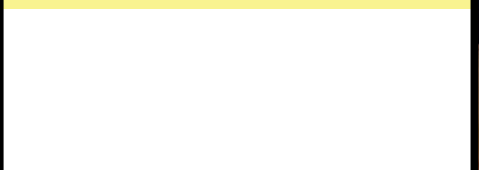
Prior experience required - ask desk for details



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

9AM	Meet Me at the Barre	AV	23
6:30	Bachata	Level 1	EV,SM
7:30	Salsa	Level 1	EV
7:30	Casino Rueda	Lvls 1.5* & 2*	MV,AJ

Prior experience required - ask desk for details



**TUESDAY SOCIAL**  
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**Country Swing & Line Dance**  
**Dancing 8:30-10:30**  
**\$5/person**

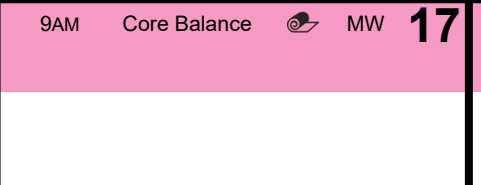
9AM	Meet Me at the Barre	AV	30
6:30	Bachata	Level 1	EV,SM
7:30	Salsa	Level 1	EV
7:30	Casino Rueda	Lvls 1.5* & 2*	MV,AJ

Prior experience required - ask desk for details



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

9AM	Core Balance	MW	10
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**LATIN NIGHT**  
**8:30PM - 1AM**  
**Lessons at 8:45 & 9:30PM**  
**See website for more info**

**PRIVATE EVENT RENTALS**  
**Contact us for availability**

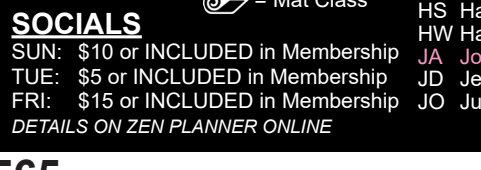
9AM	Core Balance	MW	17
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**FRIDAY FUSION**  
**COUNTRY NIGHT**  
**LATIN NIGHT**  
**7:30PM - 1AM**  
**Lessons at 7:45 & 8:30PM**  
**See website for more info**

**PRIVATE EVENT RENTALS**  
**Contact us for availability**

9AM	Core Balance	MW	24
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**FRIDAY FUSION**  
**COUNTRY NIGHT**  
**LATIN NIGHT**  
**7:30PM - 1AM**  
**Lessons at 7:45 & 8:30PM**  
**See website for more info**

7AM & 9AM	JAZZERCISE™	FREE for members	11
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New classes coming soon!

7AM & 9AM	JAZZERCISE™	FREE for members	18
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New classes coming soon!

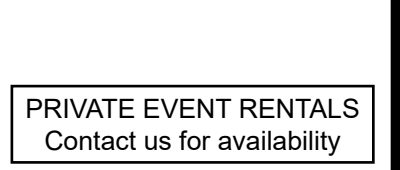
7AM & 9AM	JAZZERCISE™	FREE for members	25
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New classes coming soon!

**PRIVATE EVENT RENTALS**  
**Contact us for availability**

7AM & 9AM	JAZZERCISE™	FREE for members	25
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New classes coming soon!



**FRIDAY FUSION**  
**COUNTRY NIGHT**  
**LATIN NIGHT**  
**7:30PM - 1AM**  
**Lessons at 7:45 & 8:30PM**  
**See website for more info**

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**DROP-IN CLASS RATES**  
 Fitness Classes \$15/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

**INSTRUCTORS**

AC	Adrian Contreras	KG	Kim Goeden
AJ	Ayana Johnston	KN	Kat Nichols
AV	Amy V	LK	LeeAnn Kamerman
BD	Brooke Doty	MN	Miguel Vazquez
CG	Chante Guico	MW	Marie Welsh
EV	Enrique Villarreal	ND	Nina DeLeon
EZ	Eric Zimmer	NM	Nathan McCall
GA	Greta A	PNWS	Pacific NW
HS	Haley Skredsvig		Stompeters
HW	Haley Wayt	PV	Paul Venecia
JA	Jody Alar	RM	Robyn Maile
JD	Jenna Draggoo	SG	Shawn Gardner
JO	Julia Ostrovskaja	SM	Sierra Mullins