

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																	
<p>9AM Tone &amp; Stretch  SR <b>30</b></p> <p>10AM Comin in Hot  SR</p> <p>11AM Pilates  JH</p> <p>4:00 Intro Ballroom: Rumba Level 1 HW</p> <p>4:00 Bachata Level 2* AC,JO</p> <p>5-6:30 Salsa/ Bachata Level 1 HW</p> <p>5:00 West Coast Swing Level 2+* EZ</p> <p>Followed by practica 6-7PM</p>	<p>9AM Totally Toned  SR <b>1</b></p> <p>10AM Mixxed Tape  BC</p> <p>5:30 Hard Core - Arms SR</p> <p>6:30 Dance Fit  SR</p> <p>6:30 Country Swing Level 3* NM,HS</p> <p>7:30 Country Swing Level 2* NM,HS</p> <p>7:30-9 Salsa/ Bachata Level 1.5* HW,SG</p> <p>7:30-9 Salsa/ Bachata Level 3* PV,SM</p>	<p>9AM Step &amp; Core  AV <b>2</b></p> <p>5:30 Barre &amp; Stretch  AV</p> <p>6:30 ReFit  BC</p> <p>6:30 Country 2-Step Level 1 HS</p> <p>7:30 Country 2-Step Level 2* HS</p> <p>7:30 Country Swing Practice PNWS</p> <p>7:45 Line Dancing lesson + practice KN</p> <p><b>TUESDAY SOCIAL</b> West Coast Swing &amp; Two Step Country Swing &amp; Line Dance Dancing 8:30-10:30 \$5/person</p>	<p>9AM Power Hour - TRIAL  LW <b>3</b></p> <p>10AM Pilates  JH</p> <p>5:30 Hard Core - Booty  SR</p> <p>6:30 Comin in Hot  SR</p> <p>6:30 Country Swing Level 1 NM,SG</p> <p>7:30-9 Salsa/ Bachata Level 1 SG</p> <p>7:30-9 Salsa/ Bachata Level 2* PV,SM</p>	<p>9AM Meet Me at the Barre  AV <b>4</b></p> <p>7:30 503 Cardio Groove  BC</p> <p>6:30 Bachata Level 1 SM,SGD</p> <p>7:30 Casino Rueda Level 1 SG</p> <p>7:30 Casino Rueda Levels 1.5 &amp; 2* MV,AJ</p>	<p>9AM Core Balance  MW <b>5</b></p> <p>10AM 503 Breakdown  BC</p> <p>PRIVATE EVENT RENTALS Contact us for availability</p>	<p>9AM Rev + Tone  BC <b>6</b></p> <p>10AM Mixxed Tape  BC</p> <p>PRIVATE EVENT RENTALS Contact us for availability</p>																																	
<p>9AM Tone &amp; Stretch  SR <b>7</b></p> <p>10AM Comin in Hot  SR</p> <p>11AM Pilates  JH</p> <p>4:00 Intro Ballroom: Hustle Level 1 HW</p> <p>4:00 Bachata Level 2* AC,JO</p> <p>5-6:30 Salsa/ Bachata Level 1 HW</p> <p>5:00 West Coast Swing Level 2+* EZ</p> <p><b>SUNDAY SOCIAL</b> Ballroom &amp; WCS / Salsa &amp; Bachata ** EARLIER TIME ** Lessons at 6PM, Dancing at 6:30 \$10/person</p>	<p>9AM Totally Toned  SR <b>8</b></p> <p>10AM Mixxed Tape  BC</p> <p>5:30 Hard Core - Arms SR</p> <p>6:30 Dance Fit  SR</p> <p>6:30 Country Swing Level 3* NM,HS</p> <p>7:30 Country Swing Level 2* NM,HS</p> <p>7:30-9 Salsa/ Bachata Level 1.5* HW,SG</p> <p>7:30-9 Salsa/ Bachata Level 3* PV,SM</p>	<p>9AM Step &amp; Core  AV <b>9</b></p> <p>5:30 Barre &amp; Stretch  AV</p> <p>6:30 ReFit  BC</p> <p>6:30 Country 2-Step Level 1 HS</p> <p>7:30 Country 2-Step Level 2* HS</p> <p>7:30 Country Swing Practice PNWS</p> <p>7:45 Line Dancing lesson + practice KN</p> <p><b>TUESDAY SOCIAL</b> West Coast Swing &amp; Two Step Country Swing &amp; Line Dance Dancing 8:30-10:30 \$5/person</p>	<p>9AM Power Hour - TRIAL  LW <b>10</b></p> <p>10AM Pilates  JH</p> <p>5:30 Hard Core - Booty  SR</p> <p>6:30 Comin in Hot  SR</p> <p>6:30 Country Swing Level 1 NM,RM</p> <p>7:30-9 Salsa/ Bachata Level 1 SG</p> <p>7:30-9 Salsa/ Bachata Level 2* PV,SM</p>	<p>9AM Meet Me at the Barre  AV <b>11</b></p> <p>7:30 503 Cardio Groove  BC</p> <p>6:30 Bachata Level 1 SM,SGD</p> <p>7:30 Casino Rueda Level 1 SG</p> <p>7:30 Casino Rueda Levels 1.5 &amp; 2* MV,AJ</p>	<p>9AM Core Balance  MW <b>12</b></p> <p>10AM 503 Breakdown  BC</p> <p><b>RED &amp; WHITE NIGHT</b> 3 FLOORS OF DANCING 7:30PM - 1AM Lessons at 7:45 &amp; 8:30 \$20 or 2 for \$30 See info on website</p> <p>PRIVATE EVENT RENTALS Contact us for availability</p>	<p>9AM Rev + Tone  BC <b>13</b></p> <p>10AM Mixxed Tape  BC</p> <p>PRIVATE EVENT RENTALS Contact us for availability</p>																																	
<p>9AM Tone &amp; Stretch  SR <b>14</b></p> <p>10AM Comin in Hot  SR</p> <p>11AM Pilates  JH</p> <p>4:00 Intro Ballroom: EC Swing Lvl 1 HW</p> <p>4:00 Bachata Lvl 2* AC,JO</p> <p>5-6:30 Salsa/ Bachata Lvl 1 HW</p> <p>5:00 West Coast Swing Lvl 2+* DH</p> <p>Followed by practica 6-7PM</p>	<p>9AM Totally Toned  SR <b>15</b></p> <p>10AM Mixxed Tape  BC</p> <p>5:30 Hard Core - Arms SR</p> <p>6:30 Dance Fit  SR</p> <p>6:30 Country Swing Level 3* NM,HS</p> <p>7:30 Country Swing Level 2* NM,HS</p> <p>7:30-9 Salsa/ Bachata Level 1.5* HW,SG</p> <p>7:30-9 Salsa/ Bachata Level 3* PV,SM</p>	<p>9AM Step &amp; Core  AV <b>16</b></p> <p>5:30 Barre &amp; Stretch  AV</p> <p>6:30 ReFit  BC</p> <p>6:30 Country 2-Step Level 1 HS</p> <p>7:30 Country 2-Step Level 2* HS</p> <p>7:30 Country Swing Practice PNWS</p> <p>7:45 Line Dancing lesson + practice KN</p> <p><b>TUESDAY SOCIAL</b> West Coast Swing &amp; Two Step Country Swing &amp; Line Dance Dancing 8:30-10:30 \$5/person</p>	<p>9AM Power Hour - TRIAL  LW <b>17</b></p> <p>10AM Pilates  JH</p> <p>5:30 Hard Core - Booty  SR</p> <p>6:30 Comin in Hot  SR</p> <p>6:30 Country Swing Level 1 NM,RM</p> <p>7:30-9 Salsa/ Bachata Level 1 SG</p> <p>7:30-9 Salsa/ Bachata Level 2* PV,SM</p>	<p>9AM Meet Me at the Barre  AV <b>18</b></p> <p>7:30 503 Cardio Groove  BC</p> <p>6:30 Bachata Level 1 SM,SGD</p> <p>7:30 Casino Rueda Level 1 SG</p> <p>7:30 Casino Rueda Levels 1.5 &amp; 2* MV,AJ</p>	<p>9AM Core Balance  MW <b>19</b></p> <p>10AM 503 Breakdown  BC</p> <p>PRIVATE EVENT RENTALS Contact us for availability</p>	<p>9AM Rev + Tone  BC <b>20</b></p> <p>10AM Mixxed Tape  BC</p> <p>PRIVATE EVENT RENTALS Contact us for availability</p>																																	
<p>9AM Tone &amp; Stretch  SR <b>21</b></p> <p>10AM Comin in Hot  SR</p> <p>11AM Pilates  JH</p> <p>4:00 Intro Ballroom: Samba Level 1 HW</p> <p>4:00 Bachata Level 2* AC,JO</p> <p>5-6:30 Salsa/ Bachata Level 1 HW</p> <p>5:00 West Coast Swing Level 2+* EZ</p> <p>Followed by practica 6-7PM</p>	<p>9AM Totally Toned  SR <b>22</b></p> <p>10AM Mixxed Tape  BC</p> <p>5:30 Hard Core - Arms SR</p> <p>6:30 Dance Fit  SR</p> <p>6:30 Country Swing Level 3* NM,RM</p> <p>7:30 Country Swing Level 2* NM,RM</p> <p>7:30-9 Salsa/ Bachata Level 1.5* HW,SG</p> <p>7:30-9 Salsa/ Bachata Level 3* PV,SM</p>	<p>9AM Step &amp; Core  AV <b>23</b></p> <p>5:30 Barre &amp; Stretch  AV</p> <p>6:30 ReFit  BC</p> <p>7:30 Country Swing Practice PNWS</p> <p>7:45 Line Dancing lesson + practice KN</p> <p><b>TUESDAY SOCIAL</b> Christmas PAJAMA Two Step West Coast PARTY Line Dance Country Swing Dancing 8:30-10:30 \$5/person</p>	<p>9-10:30AM Christmas Eve Mash-up Festive, Fun &amp; FREE!   </p>	<p>9AM Core Balance  MW <b>26</b></p> <p>10AM 503 Breakdown  BC</p>	<p>9AM Rev + Tone  BC <b>27</b></p> <p>10AM Mixxed Tape  BC</p>																																		
<p>9AM Tone &amp; Stretch  SR <b>28</b></p> <p>10AM Comin in Hot  SR</p> <p>11AM Pilates  JH</p> <p><b>Level 1 Workshops</b></p> <p>3-5:00 Ballroom Basics</p> <p>3:00 Intro to Quickstep SG</p> <p>4:00 Intro to Foxtrot HW</p> <p>5-6:30 Cuban Salsa 'Casino Rueda' MV,AJ</p>	<p>9AM Totally Toned  SR <b>29</b></p> <p>10AM Mixxed Tape  BC</p> <p>5:30 Hard Core - Arms SR</p> <p>6:30 Dance Fit  SR</p> <p>7-8:30 Country Swing Lvl 2+* NM,RM</p> <p>'Tricks &amp; Dips'</p> <p>7:30-9 Follows Bachata Styling Lvl 2+* HW</p> <p>7:30-9 Leads Bachata Footwork Lvl 2+* EV</p>	<p>9AM Step &amp; Core  AV <b>30</b></p> <p>5:30 Barre &amp; Stretch  AV</p> <p>6:30 ReFit  BC</p>	<p><b>2026</b></p> <p><b>NEW YEAR'S EVE</b> 3 FLOORS OF DANCING 7:30PM - 1AM See info on website</p>	<p><b>Membership Options</b></p> <p><b>INTRO - \$59/month</b></p> <p><b>STUDENT - \$70/month</b></p> <p><b>FITNESS - \$99/month</b></p> <p><b>ALL-ACCESS - \$120/month</b></p> <p><b>ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS</b></p>	<p><b>DECEMBER 2025</b></p> <p><b>INSTRUCTORS</b></p> <table border="0"> <tr> <td>AC Adrian Contreras</td> <td>KN Kat Nichols</td> </tr> <tr> <td>AJ Ayana Johnston</td> <td>LW LaTosha Wilson</td> </tr> <tr> <td>AV Amy V</td> <td>MP Madi Puryear</td> </tr> <tr> <td>BC Brenda Carlson</td> <td>MS Miles Schofield</td> </tr> <tr> <td>DH David Hemmerich</td> <td>MV Miguel Vazquez</td> </tr> <tr> <td>EV Enrique Villarreal</td> <td>MW Marie Welsh</td> </tr> <tr> <td>EZ Eric Zimmer</td> <td>NM Nathan McCall</td> </tr> <tr> <td>HS Haley Skredsvig</td> <td>PNWS Pacific NW Stompers</td> </tr> <tr> <td>HW Haley Wayt</td> <td>PV Paul Venecia</td> </tr> <tr> <td>JH Janet Hewitt</td> <td>RM Robyn Maile</td> </tr> <tr> <td>JM Jana Marie</td> <td>SG Shawn Gardner</td> </tr> <tr> <td>JO Julia Ostrovskaja</td> <td>SM Sierra Mullins</td> </tr> <tr> <td>JS Jodie Swanegan</td> <td>SR Syd Reed</td> </tr> <tr> <td>KB Kristina Boulanger</td> <td></td> </tr> </table> <p><b>DROP-IN CLASS RATES</b></p> <table border="0"> <tr> <td>Fitness Classes</td> <td>\$20/Class</td> </tr> <tr> <td>Dance Classes</td> <td>\$20 - \$25/Class</td> </tr> <tr> <td>Practice Passes</td> <td>\$6 - \$11/Hour</td> </tr> </table> <p>* = Instructor Approval REQUIRED</p> <p> = Fitness Class  = Cardio Class</p> <p> = Dance Class   = Strength Class</p> <p> = Mat Class</p> <p><b>SOCIALS</b></p> <p>SUN: \$10 or INCLUDED in Membership</p> <p>TUE: \$5 or INCLUDED in Membership</p> <p>FRI: \$15 or INC in Membership</p> <p>DETAILS ON ZEN PLANNER ONLINE</p>	AC Adrian Contreras	KN Kat Nichols	AJ Ayana Johnston	LW LaTosha Wilson	AV Amy V	MP Madi Puryear	BC Brenda Carlson	MS Miles Schofield	DH David Hemmerich	MV Miguel Vazquez	EV Enrique Villarreal	MW Marie Welsh	EZ Eric Zimmer	NM Nathan McCall	HS Haley Skredsvig	PNWS Pacific NW Stompers	HW Haley Wayt	PV Paul Venecia	JH Janet Hewitt	RM Robyn Maile	JM Jana Marie	SG Shawn Gardner	JO Julia Ostrovskaja	SM Sierra Mullins	JS Jodie Swanegan	SR Syd Reed	KB Kristina Boulanger		Fitness Classes	\$20/Class	Dance Classes	\$20 - \$25/Class	Practice Passes	\$6 - \$11/Hour
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