

SUNDAY

JULY 2026

MONDAY

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

TUESDAY

INSTRUCTORS

AC Adrian Contreras  
AJ Ayana Johnston  
AV Amy V  
BD Brooke Doty  
EV Enrique Villarreal  
EZ Eric Zimmer  
HS Haley Skredsvig  
HW Haley Wayt  
JO Julia Ostrovskaja  
KG Kim Goeden  
KN Kat Nichols

LK LeeAnn Kameron  
MN Miguel Vazquez  
ND Nina DeLeon  
NM Nathan McCall  
PNWS Pacific NW Stompers  
PV Paul Venecia  
RM Robyn Maile  
SG Shawn Gardner  
SM Sierra Mullins

WEDNESDAY

9AM Turn Up & Tone™ ND 1

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 Country Swing Level 1.5\* KN,NM

THURSDAY

9AM Meet Me at the Barre AV 2

6:30 Bachata Level 1 EV,SM  
7:30 Salsa Level 1 EV  
7:30 Casino Rueda Lvl's 1.5\* & 2\* MV,AJ  
Prior experience required

FRIDAY

9:15AM JAZZERCISE™ FREE for members 3

PRIVATE EVENT RENTALS  
Contact us for availability

SATURDAY

7AM & 9AM JAZZERCISE™ FREE for members 4



9AM JAZZERCISE™ FREE for members 5

4:00 Waltz 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 Total Body Workout KG BD 6

6:30 West Coast Swing Level 1 HS,RM  
Recommended: 2 months of any partner dance  
6:30 Casino Rueda Level 1 MV,AJ  
First class of 2-month session  
7:30 Country Swing Level 2/3\* NM,HS  
7:30-9 Salsa/ Bachata Level 1.5\* SG,LK  
7:30-9 Salsa/ Bachata Level 3\* PV,SM

9AM Step & Core Barre & Stretch AV AV 7

6:30 Cumbia Level 1 EV  
6:30 Country 2-Step Level 1 HS  
7:30 Country 2-Step Level 2\* HS  
7:45 Country Swing Workshop PNWS  
Country Swing basics recommended  
7:45 Line Dancing + practice Level 1 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,KN  
6:30 Casino Rueda Level 3\* MV  
7:30-9 Salsa/ Bachata Level 2\* PV,SM  
7:45 Country Swing Level 1.5\* KN,NM  
7:45 Bachata Intensive Level 2+\* JO,AC  
By audition or invitation only

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 Lvl's 1.5\* & 2\* MV,AJ  
Prior experience required

9:15AM JAZZERCISE™ FREE for members 10

LATIN NIGHT  
8:30PM - 1AM  
Lessons at 8:45 & 9:30PM  
See website for more info

7AM & 9AM JAZZERCISE™ FREE for members 11

PRIVATE EVENT RENTALS  
Contact us for availability

9AM JAZZERCISE™ FREE for members 12

4:00 Waltz 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 Total Body Workout KG BD 13

6:30 West Coast Swing Level 1 HS,RM  
Recommended: 2 months of any partner dance  
6:30 Casino Rueda Level 1\* MV, AJ  
Mid-session - instructor approval required  
7:30 Country Swing Level 2/3\* NM,HS  
7:30-9 Salsa/ Bachata Level 1.5\* SG,LK  
7:30-9 Salsa/ Bachata Level 3\* PV,SM

9AM Step & Core Barre & Stretch AV AV 14

6:30 Cumbia Level 1 EV  
6:30 Country 2-Step Level 1 HS  
7:30 Country 2-Step Level 2\* HS  
7:45 Country Swing Workshop PNWS  
Country Swing basics recommended  
7:45 Line Dancing + practice Level 1 KN

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

9AM Turn Up & Tone™ ND 15

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 Country Swing Level 1.5\* KN,NM  
7:45 Bachata Intensive Level 2+\* JO,AC  
By audition or invitation only

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 Lvl's 1.5\* & 2\* MV,AJ  
Prior experience required

9:15AM JAZZERCISE™ FREE for members 17

PRIVATE EVENT RENTALS  
Contact us for availability

7AM & 9AM JAZZERCISE™ FREE for members 18

PRIVATE EVENT RENTALS  
Contact us for availability

9AM JAZZERCISE™ FREE for members 19

4:00 Waltz 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

9AM Build 2 Burn Total Body Workout KG BD 20

6:30 West Coast Swing Level 1 HS,RM  
Recommended: 2 months of any partner dance  
6:30 Casino Rueda Level 1\* MV,AJ  
Mid-session - instructor approval required  
7:30 Country Swing Level 2/3\* NM,HS  
7:30-9 Salsa/ Bachata Level 1.5\* SG,LK  
7:30-9 Salsa/ Bachata Level 3\* PV,SM

9AM Step & Core Barre & Stretch AV AV 21

6:30 Cumbia Level 1 EV  
6:30 Country 2-Step Level 1 HS  
7:30 Country 2-Step Level 2\* HS  
7:45 Country Swing Workshop PNWS  
Country Swing basics recommended  
7:45 Line Dancing + practice Level 1 KN

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

9AM Turn Up & Tone™ ND 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 Country Swing Level 1.5\* KN,NM  
7:45 Bachata Intensive Level 2+\* JO,AC  
By audition or invitation only

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 Lvl's 1.5\* & 2\* MV,AJ  
Prior experience required

9:15AM JAZZERCISE™ FREE for members 24

PRIVATE EVENT RENTALS  
Contact us for availability

7AM & 9AM JAZZERCISE™ FREE for members 25

PRIVATE EVENT RENTALS  
Contact us for availability

9AM JAZZERCISE™ FREE for members 26

4:00 Waltz 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 Total Body Workout KG BD 27

6:30 West Coast Swing Level 1 HS,RM  
Recommended: 2 months of any partner dance  
6:30 Casino Rueda Level 1\* MV,AJ  
Mid-session - instructor approval required  
7:30 Country Swing Level 2/3\* NM,HS  
7:30-9 Salsa/ Bachata Level 1.5\* SG,LK  
7:30-9 Salsa/ Bachata Level 3\* PV,SM

9AM Step & Core Barre & Stretch AV AV 28

6:30 Cumbia Level 1 EV  
6:30 Country 2-Step Level 1 HS  
7:30 Country 2-Step Level 2\* HS  
7:45 Country Swing Workshop PNWS  
Country Swing basics recommended  
7:45 Line Dancing + practice Level 1 KN

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

9AM Turn Up & Tone™ ND 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 Country Swing Level 1.5\* KN,NM  
7:45 Bachata Intensive Level 2+\* JO,AC  
By audition or invitation only

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 Lvl's 1.5\* & 2\* MV,AJ  
Prior experience required

9:15AM JAZZERCISE™ FREE for members 31

TRAFFIC LIGHT Summer Edition  
8:00PM - 1AM  
Lessons at 8:15PM COUNTRY & LATIN FLOORS

DROP-IN CLASS RATES

Fitness Classes \$12 / 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