

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOVEMBER 2023

INSTRUCTOR KEY

AV	Amy V	JH	Janet Hewitt
BC	Brenda Carlson	JS	Jodie Swanegan
BK	Brooke Kollie	KB	Kristina Boulanger
BM	Bradley Montoya	LA	Luke Adams
BR	Brenda Russell	LC	Leonor Colbert
DB	Dominic Bridge	MS	Miles Schofield
DS	David Saylor	MV	Miguel Vazquez
EZ	Eric Zimmer	PV	Paul Venecia
HM	Haley Miller	SG	Shawn Gardner
IV	Iñaki Villanueva	SM	Sierra Mullins
JF	Joshua Faulkner	SR	Syd Reed
JC	Jana Corneliusen	TR	Tim & Ro

* Indicates Instructor Approval REQUIRED

9AM TONE & Stretch SR **5**
10AM Comin in HOT SR

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

2 ROOM SUNDAY SOCIAL BALLROOM/LATIN SALSA & BACHATA
Lessons at 7PM, Dancing at 7:30PM
\$10/person

9AM TONE & Stretch SR **12**
10AM Comin in HOT SR

Cha Cha WORKSHOP
with Miles & Kristina
3PM - 4:30PM
Members \$15, Guests \$25

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

9AM TONE & Stretch SR **19**
10AM Comin in HOT SR

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

PRIVATE EVENT RENTALS
Contact us for availability

9AM TONE & Stretch SR **26**
10AM Comin in HOT SR

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

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 1 DS
7:30-9 Salsa/Bachata Level 2* PV, SM

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 1 DS
7:30-9 Salsa/Bachata Level 2* PV

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 1 DS
7:30-9 Salsa/Bachata Level 2* PV

9AM Power Hour JS **27**
10AM Mixed Tape BC
5:30 Hard CORE - Arms SR
6:30 Dance Fit SR

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

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

6:30 Country 2-Step Level 1 HM
6:30-8 Salsa/Bachata Level 1 SG
7:30 West Coast Swing Level 2* LA, HM
7:30 West Coast Swing Level 3* EZ, JC

West Coast Swing & Two Step Tuesday
Dancing at 8:30PM
\$10/person

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

6:30 Country 2-Step Level 1 HM
6:30-8 Salsa/Bachata Level 1 SG
7:30 West Coast Swing Level 2* LA, HM
7:30 West Coast Swing Level 3* EZ, JC

West Coast Swing & Two Step Tuesday
Dancing at 8:30PM
\$10/person

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

6:30 Country 2-Step Level 1 LA
6:30-8 Salsa/Bachata Level 1 SG
7:30 West Coast Swing Level 2* LA, JC
7:30 West Coast Swing Level 3* EZ

West Coast Swing & Two Step Tuesday
Dancing at 8:30PM
\$10/person

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

6:30 Country 2-Step Level 1 HM
6:30-8 Salsa/Bachata Level 1 SG
7:30 West Coast Swing Level 2* LA, JC
7:30 West Coast Swing Level 3* EZ, HM

West Coast Swing & Two Step Tuesday
Dancing at 8:30PM
\$10/person

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, JC
6:30 Casino Rueda Level 3* MV
7:30-9 Salsa/Bachata Level 2* PV, SM
7:30-9 Salsa Master Class Level 3/4* JF

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, JC
6:30 Casino Rueda Level 3* MV
7:30-9 Salsa/Bachata Level 2* PV
7:30-9 Salsa/Bachata Level 3/4* MV, SG

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, JC
6:30 Casino Rueda Level 3* MV
7:30-9 Salsa/Bachata Level 2* PV
7:30-9 Salsa/Bachata Level 3/4* MV, SG

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, JC
6:30 Casino Rueda Level 3* MV
7:30-9 Salsa/Bachata Level 2* PV
7:30-9 Salsa/Bachata Level 3/4* MV, SG

Argentine Tango Social
Dancing at 7:30PM
\$10/person

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

6:30 Casino Rueda Level 1 MV
6:30 Argentine Tango - All Levels LC
7:30 Casino Rueda Level 2* MV
8:30 Sensual Bachata Level 2+* MS, KB

Argentine Tango Social
Dancing at 7:30PM
\$10/person

9AM Meet Me at the BARRE AV **16**
5:30 Lifting the BARRE BK
7:30 503 Cardio Groove BC

6:30 Casino Rueda Level 1 MV
6:30 Argentine Tango - All Levels LC
7:30 Casino Rueda Level 2* MV
8:30 Sensual Bachata Level 2+* IV

Argentine Tango Social
Dancing at 7:30PM
\$10/person

9-10:30AM Turkey Burn Mash-UP BC, SR

HAPPY THANKSGIVING

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

6:30 Casino Rueda Level 1 MV
6:30 Argentine Tango - All Levels LC
7:30 Casino Rueda Level 2* MV
8:30 Sensual Bachata Level 2+* IV

Argentine Tango Social
Dancing at 7:30PM
\$10/person

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 or 2 for \$20

9AM Power Pilates JH **17**
10AM ReFit BC

PRIVATE EVENT RENTALS
Contact us for availability

9AM Power Pilates JH **24**
10AM ReFit BC

FRIDAY FUSION GLOW PARTY
COUNTRY NIGHT
LATIN NIGHT
PARTY CLUB
Doors Open at 7:30
Lessons at 7:45 & 8:30PM
See website for more INFO
\$15/person or 2 for \$20

9AM Power Pilates JH **24**
10AM ReFit BC

Membership Options
INTRO - \$59/Mo
FITNESS - \$99/Mo
ALL-ACCESS - \$120/Mo
ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS

9AM REV + Tone BC **11**
10AM Mixed Tape BC

PRIVATE EVENT RENTALS
Contact us for availability

9AM REV + Tone BC **18**
10AM Mixed Tape BC

PRIVATE EVENT RENTALS
Contact us for availability

9AM REV + Tone BC **25**
10AM Mixed Tape BC

PRIVATE EVENT RENTALS
Contact us for availability

DROP-IN CLASS RATES
Fitness Classes \$20/Class
Dance Classes \$20 - \$25/Class
Morning Childcare \$10/Session
Practice Passes available \$6 - \$11/HR
 = Fitness Class = Dance Class
 = Strength Class = Cardio Class
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