

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

FEBRUARY 2025

Membership Options

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

ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS

INSTRUCTOR KEY

AC	Adrian Contreras	JS	Jodie Swanegan
AV	Amy V	KB	Kristina Boulanger
BC	Brenda Carlson	KN	Kat Nichols
DS	David Saylor	LA	Luke Adams
EV	Enrique Villarreal	LW	LaTosha Wilson
EZ	Eric Zimmer	MS	Miles Schofield
HM	Haley Miller	MV	Miguel Vazquez
HW	Haley Wayt	PV	Paul Venecia
JD	Jenna Draggoo	SG	Shawn Gardner
JH	Janet Hewitt	SM	Sierra Mullins
JM	Jana Marie	SR	Syd Reed
JO	Julia Ostrowskaia	PDXW	PDX Weekly

*** Indicates Instructor Approval REQUIRED**

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 or 2/ \$20 or INC in Membership
DETAILS ON ZEN PLANNER ONLINE

9AM REV + Tone ↔ BC 1
10AM Mixxed Tape ♡ BC

PRIVATE EVENT RENTALS
Contact us for availability

9AM TONE & Stretch ↔ SR 2
10AM Comin in HOT ♡ SR

4:00 Hustle Level 1 HW
4:00 Bachata Level 2* AC,JO
5:00 Country 2-Step Level 2* HM
5-6:30 Salsa/ Bachata Level 1 HW
6:00 WCS Concepts Level 2+* EZ,HM

9AM Totally Toned ↔ JS 3
10AM Mixxed 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 2.5* PV,JD
7:30-9 Salsa/ Bachata Level 1.5* SG

9AM Step & Sculpt ♡ AV 4
12PM Hip Hop HIITs ♡ LW

5:30 Barre & Stretch ↔ AV
6:30 ReFit ♡ BC

6:30 Country 2-Step Level 1 HM
7:00 Guided Country Practice PDXW
7:30 WCS Social Patterns Level 2+* LA,JM
7:45 Line Dancing lesson + practice KN

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

9AM Power Hour ↔ JS 5
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 1 HW
7:30-9 Salsa/ Bachata Level 2* PV,JD
7:30-9 Salsa/ Bachata Performance 3* MS,KB

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

6:30 Bachata Level 1 EV,KB
7:30 Casino Rueda Level 1 SG,SGD
7:30 Casino Rueda Levels 1.5 & 2* MV,SGD

9AM Power Pilates ↔ JH 7
10AM ReFit ♡ BC

BLAZERS
PRE-GAME PERFORMANCE
on March 23
Join Hip Hop HIITs instructor
LaTosha for an OPEN PRACTICE
and info session 6:30-8:00PM
ALL WELCOME!

9AM REV + Tone ↔ BC 8
10AM Mixxed Tape ♡ BC

PRIVATE EVENT RENTALS
Contact us for availability

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

4:00 Hustle Level 1 HW
4:00 Bachata Level 2* AC,JO
5:00 Country 2-Step Level 2* HM
5-6:30 Salsa/ Bachata Level 1 HW
6:00 WCS Concepts Level 2+* EZ,HM

SUNDAY SOCIAL
NEW EARLIER TIME
BALLROOM SALSA/ BACHATA
Lessons at 6PM, Dancing at 6:30PM
\$10/person

9AM Totally Toned ↔ JS 10
10AM Mixxed 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 2.5* PV,JD
7:30-9 Salsa/ Bachata Level 1.5* SG

9AM Step & Sculpt ♡ AV 11
12PM Hip Hop HIITs ♡ LW

5:30 Barre & Stretch ↔ AV
6:30 ReFit ♡ BC

6:30 Country 2-Step Level 1 HM
7:00 Guided Country Practice PDXW
7:30 WCS Social Patterns Level 2+* LA,JM
7:45 Line Dancing lesson + practice KN

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

9AM Power Hour ↔ JS 12
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 1 HW
7:30-9 Salsa/ Bachata Level 2* PV,JD
7:30-9 Salsa/ Bachata Performance 3* MS,KB

9AM Meet Me at the BARRE ↔ AV 13
7:30 503 Cardio Groove ♡ BC

6:30 Bachata Level 1 EV,KB
7:30 Casino Rueda Level 1 SG,SGD
7:30 Casino Rueda Levels 1.5 & 2* MV,SGD

9AM Power Pilates ↔ JH 14
10AM ReFit ♡ BC

TRAFFIC LIGHT
TAKEN MAYBE SINGLE PARTY
3 FLOORS of DANCING 7:30PM-1AM
Lessons at 7:45 & 8:30PM
See website for more info
\$20/person or 2 for \$30

9AM REV + Tone ↔ BC 15
10AM Mixxed Tape ♡ BC

PRIVATE EVENT RENTALS
Contact us for availability

9AM TONE & Stretch ↔ SR 16
10AM Comin in HOT ♡ SR

4:00 Hustle Level 1 HW
4:00 Bachata Level 2* AC,JO
5:00 Country 2-Step Level 2* HM
5-6:30 Salsa/ Bachata Level 1 HW
6:00 WCS Concepts Level 2+* EZ,HM

9AM Totally Toned ↔ JS 17
10AM Mixxed 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 2.5* PV,JD
7:30-9 Salsa/ Bachata Level 1.5* SG

9AM Step & Sculpt ♡ AV 18
12PM Hip Hop HIITs ♡ LW

5:30 Barre & Stretch ↔ AV
6:30 ReFit ♡ BC

6:30 Country 2-Step Level 1 HM
7:00 Guided Country Practice PDXW
7:30 WCS Social Patterns Level 2+* LA,JM
7:45 Line Dancing lesson + practice KN

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

9AM Power Hour ↔ JS 19
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 1 HW
7:30-9 Salsa/ Bachata Level 2* PV,JD
7:30-9 Salsa/ Bachata Performance 3* MS,KB

9AM Meet Me at the BARRE ↔ AV 20
7:30 503 Cardio Groove ♡ BC

6:30 Bachata Level 1 EV,KB
7:30 Casino Rueda Level 1 SG,SGD
7:30 Casino Rueda Levels 1.5 & 2* MV,SGD

9AM Power Pilates ↔ JH 21
10AM ReFit ♡ BC

7-8:30 ReFit Experience Class REFIT
FREE for all members

PRIVATE EVENT RENTALS
Contact us for availability

9AM REV + Tone ↔ BC 22
10AM Mixxed Tape ♡ BC

PRIVATE EVENT RENTALS
Contact us for availability

9AM TONE & Stretch ↔ SR 23
10AM Comin in HOT ♡ SR

4:00 Hustle Level 1 HW
4:00 Bachata Level 2* AC,JO
5:00 Country 2-Step Level 2* HM
5-6:30 Salsa/ Bachata Level 1 HW
6:00 WCS Concepts Level 2+* EZ,HM

9AM Totally Toned ↔ JS 24
10AM Mixxed 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 2.5* PV,JD
7:30-9 Salsa/ Bachata Level 1.5* SG

9AM Step & Sculpt ♡ AV 25
12PM Hip Hop HIITs ♡ LW

5:30 Barre & Stretch ↔ AV
6:30 ReFit ♡ BC

6:30 Country 2-Step Level 1 HM
7:00 Guided Country Practice PDXW
7:30 WCS Social Patterns Level 2+* LA,JM
7:45 Line Dancing lesson + practice KN

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

9AM Power Hour ↔ JS 26
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 1 HW
7:30-9 Salsa/ Bachata Level 2* PV,JD
7:30-9 Salsa/ Bachata Performance 3* MS,KB

9AM Meet Me at the BARRE ↔ AV 27
7:30 503 Cardio Groove ♡ BC

6:30 Bachata Level 1 EV,KB
7:30 Casino Rueda Level 1 SG,SGD
7:30 Casino Rueda Levels 1.5 & 2* MV,SGD

9AM Power Pilates ↔ JH 28
10AM ReFit ♡ BC

FRIDAY FUSION
3 FLOORS of DANCING 7:30PM-1AM
COUNTRY NIGHT
LATIN NIGHT
DANCING STARTS AT 7:30PM
Lessons at 7:45 & 8:30PM
See website for more info
\$15/person or 2 for \$20

9AM REV + Tone ↔ BC 1
10AM Mixxed Tape ♡ BC

PRIVATE EVENT RENTALS
Contact us for availability