JANUARY 2026

Membership Options

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

ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS

DROP-IN CLASS RATES

Fitness Classes	$15/Class
Dance Classes	$20 - $25/Class
Practice Passes	$6 - $11/Hour

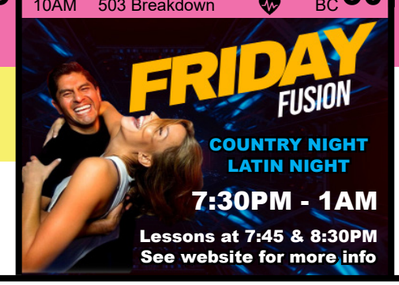
* = Instructor Approval REQUIRED
= Fitness Class
= Cardio Class
= Dance Class
= Strength Class
= Mat Class

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	LW	LaTosha Wilson
AJ	Ayana Johnston	MV	Miguel Vazquez
AV	Amy V	MW	Marie Welsh
BC	Brenda Carlson	NM	Nathan McCall
DH	David Hemmerich	PNWS	Pacific NW Stompeders
EV	Enrique Villarreal	PV	Paul Venecia
EZ	Eric Zimmer	RM	Robyn Maile
HS	Haley Skredsvig	SG	Shawn Gardner
HW	Haley Wayt	SM	Sierra Mullins
JH	Janet Hewitt	SR	Syd Reed
JO	Julia Ostrovskaia		
KN	Kat Nichols		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 No fitness or dance classes	**2** 9AM Core Balance MW 10AM 503 Breakdown BC PRIVATE EVENT RENTALS Contact us for availability	**3** 9AM Rev + Tone BC 10AM Mixxed Tape BC PRIVATE EVENT RENTALS Contact us for availability
4 9AM Tone & Stretch SR 10AM Comin in Hot SR 11AM Pilates JH 4:00 Foxtrot Level 1 HW 4:00 Bachata Level 2* AC,JO 5-6:30 Salsa/ Bachata Level 1 HW 5:00 West Coast Swing Level 2+* EZ Followed by practica 6-7PM	**5** 9AM Totally Toned SR 10AM Mixxed Tape BC 5:30 Hard Core - Arms SR 6:30 Dance Fit SR 6:30 Country Swing Level 3* NM,HS 7:30 Country Swing Level 2* NM,HS 7:30-9 Salsa/ Bachata Level 1.5* HW,SG 7:30-9 Salsa/ Bachata Level 3* PV,SM	**6** 9AM Step & Core AV 5:30 Barre & Stretch AV 6:30 503 Breakdown (NEW) BC 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	**7** 9AM Total Body WERKout (NEW) LW 10AM Pilates JH 5:30 Hard Core - Booty SR 6:30 Comin in Hot SR 6:30 Country Swing Level 1 NM,SG 6:30 Casino Rueda Level 3* MV 7:30-9 Salsa/ Bachata Level 1 SG 7:30-9 Salsa/ Bachata Level 2* PV,SM	**8** 9AM Meet Me at the Barre AV 7:30 503 Cardio Groove BC 6:30 Bachata Level 1 SM,SGD 7:30 Casino Rueda Level 1 SG 7:30 Casino Rueda Lvls 1.5* & 2* MV,AJ	**9** 9AM Core Balance MW 10AM 503 Breakdown BC **8:30PM - 1AM** Lessons at 8:45 & 9:30PM See website for more info	**10** 9AM Rev + Tone BC 10AM Mixxed Tape BC PRIVATE EVENT RENTALS Contact us for availability
11 9AM Tone & Stretch SR 10AM Comin in Hot SR 11AM Pilates JH 4:00 Foxtrot Level 1 HW 4:00 Bachata Level 2* AC,JO 5-6:30 Salsa/ Bachata Level 1 HW 5:00 West Coast Swing Level 2+* EZ Followed by practica 6-7PM	**12** 9AM Totally Toned SR 10AM Mixxed Tape BC 5:30 Hard Core - Arms SR 6:30 Dance Fit SR 6:30 Country Swing Level 3* NM,HS 7:30 Country Swing Level 2* NM,HS 7:30-9 Salsa/ Bachata Level 1.5* HW,SG 7:30-9 Salsa/ Bachata Level 3* PV,SM	**13** 9AM Step & Core AV 5:30 Barre & Stretch AV 6:30 503 Breakdown (NEW) BC 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	**14** 9AM Total Body WERKout (NEW) LW 10AM Pilates JH 5:30 Hard Core - Booty SR 6:30 Comin in Hot SR 6:30 Country Swing Level 1 NM,RM 6:30 Casino Rueda Level 3* MV 7:30-9 Salsa/ Bachata Level 1 SG 7:30-9 Salsa/ Bachata Level 2* PV,SM	**15** 9AM Meet Me at the Barre AV 7:30 503 Cardio Groove BC 6:30 Bachata Level 1 SM,SGD 7:30 Casino Rueda Level 1 SG 7:30 Casino Rueda Lvls 1.5* & 2* MV,AJ	**16** 8:30AM Core Balance MW 9:30AM 503 Breakdown BC Proudly hosting the 2nd annual **Pacific NorthWest Stompede Dance Festival** PRIVATE EVENT REN Contact us for availability	**17** 8:30AM Rev + Tone BC 9:30AM Mixxed Tape BC For more information visit www.pnwsdf.com E EVENT RENTALS Contact us for availability
18 8:30AM Tone & Stretch SR 9:30AM Comin in Hot SR **PNWSDF continued** No dance classes today	**19** 9AM Totally Toned SR 10AM Mixxed Tape BC 5:30 Hard Core - Arms SR 6:30 Dance Fit SR 6:30 Country Swing Level 3* NM,HS 7:30 Country Swing Level 2* NM,HS 7:30-9 Salsa/ Bachata Level 1.5* HW,SG 7:30-9 Salsa/ Bachata Level 3* PV,SM	**20** 9AM Step & Core AV 5:30 Barre & Stretch AV 6:30 503 Breakdown (NEW) BC 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	**21** 9AM Total Body WERKout (NEW) LW 10AM Pilates JH 5:30 Hard Core - Booty SR 6:30 Comin in Hot SR 6:30 Country Swing Level 1 NM,SG 6:30 Casino Rueda Level 3* MV 7:30-9 Salsa/ Bachata Level 1 SG 7:30-9 Salsa/ Bachata Level 2* PV,SM	**22** 9AM Meet Me at the Barre AV 7:30 503 Cardio Groove BC 6:30 Bachata Level 1 SM,SGD 7:30 Casino Rueda Level 1 SG 7:30 Casino Rueda Lvls 1.5* & 2* MV,AJ	**23** 9AM Core Balance MW 10AM 503 Breakdown BC **TEAM AUDITIONS** Intermediate Dancers 7-9PM See website for details *FREE*	**24** 9AM Rev + Tone BC 10AM Mixxed Tape BC PRIVATE EVENT RENTALS Contact us for availability
25 9AM Tone & Stretch SR 10AM Comin in Hot SR 11AM Pilates JH 4:00 Foxtrot Level 1 HW 4:00 Bachata Level 2* AC,JO 5-6:30 Salsa/ Bachata Level 1 HW 5:00 West Coast Swing Level 2+* EZ **SUNDAY SOCIAL** Ballroom & WCS / Salsa & Bachata ** EARLIER WINTER TIME ** Lessons at 6PM, Dancing 6:30-9PM $10/person	**26** 9AM Totally Toned SR 10AM Mixxed Tape BC 5:30 Hard Core - Arms SR 6:30 Dance Fit SR 6:30 Country Swing Level 3* NM,HS 7:30 Country Swing Level 2* NM,HS 7:30-9 Salsa/ Bachata Level 1.5* HW,SG 7:30-9 Salsa/ Bachata Level 3* PV,SM	**27** 9AM Step & Core AV 5:30 Barre & Stretch AV 6:30 503 Breakdown (NEW) BC 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	**28** 9AM Total Body WERKout (NEW) LW 10AM Pilates JH 5:30 Hard Core - Booty SR 6:30 Comin in Hot SR 6:30 Country Swing Level 1 NM,RM 6:30 Casino Rueda Level 3* MV 7:30-9 Salsa/ Bachata Level 1 SG 7:30-9 Salsa/ Bachata Level 2* PV,SM	**29** 9AM Meet Me at the Barre AV 7:30 503 Cardio Groove BC 6:30 Bachata Level 1 SM,SGD 7:30 Casino Rueda Level 1 SG 7:30 Casino Rueda Lvls 1.5* & 2* MV,AJ	**30** 9AM Core Balance MW 10AM 503 Breakdown BC  COUNTRY NIGHT LATIN NIGHT **7:30PM - 1AM** Lessons at 7:45 & 8:30PM See website for more info	**31** 9AM Rev + Tone BC 10AM Mixxed Tape BC PRIVATE EVENT RENTALS Contact us for availability

Class & event details at www.shawngardnerdancing.com on ZEN PLANNER or by calling: 503.624.6565

LAST UPDATED 12-28-25