

SUNDAY

OCTOBER

2026

Membership Options

INTRO - \$79/month

FITNESS - \$89/month

STUDENT - \$89/month

SILVER 65+ - \$99/month

ALL-ACCESS - \$149/month

PREMIER - \$199/month

ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS

TUESDAY

INSTRUCTORS

AC Adrian Contreras
AJ Ayana Johnston
AV Amy V
BD Brooke Doty
DH David Hemmerich
EV Enrique Villarreal
EZ Eric Zimmer
HS Haley Skredsvig
HW Haley Wayt
JA Jody Alar
JO Julia Ostrovskaia
JR Jon Reeves

KB Kristina Boulanger
KG Kim Goeden
KN Kat Nichols
LK LeeAnn Kamerman
MS Miles Schofield
MV Miguel Vazquez
PS Pacific NW
Stompeters
PV Paul Venecia
RM Robyn Maile
SG Shawn Gardner
SM Sierra Mullins

WEDNESDAY

DROP-IN CLASS RATES

Fitness Classes \$20 / class
Dance Classes \$25 - \$30 / class
Practice Passes \$6 - \$11 / hour

* = Instructor Approval REQUIRED

❤️ = Cardio Class

🏋️ = Strength Class

👤 = Mat Class

THURSDAY

9AM Meet Me at the Barre 🏋️ AV 1

6:30 Bachata Level 1 EV,SG
6:30 Cha Cha Level 1 LK
7:30 Salsa Level 1 SG,LK
7:30 Casino Rueda Lvls 1.5* & 2* MV,AJ
Prior Rueda experience required
7:30 Ladies Latin Styling All Levels HW

FRIDAY

9:15AM JAZZERCISE™ FREE for members ❤️ 2

PRIVATE EVENT RENTALS
Contact us for availability

SATURDAY

7AM & 9AM JAZZERCISE™ FREE for members ❤️ 3

PRIVATE EVENT RENTALS
Contact us for availability

9AM JAZZERCISE™ FREE for members ❤️ 4 4:00 Foxtrot NEW Level 1 LK 4:00 Bachata Level 2* JO,AC 5-6:30 Salsa/ Bachata Level 1 SG,LK 5:00 West Coast Swing Level 2+* EZ Followed by practica 6-7PM	9AM Build 2 Burn 🏋️ KG 5 5:30 Total Body Workout 🏋️ BD 6:30 West Coast Swing Level 1 HS,RM Recommended: 2 months of any partner dance 6:30 Casino Rueda Level 1 MV,AJ 7:45 West Coast Swing Lvl 1.5* TRIAL HS,RM 7:30-9 Salsa/ Bachata Level 1.5* PV,LK 7:30 Salsa Level 3* SG,MV	9AM Step & Core 🏋️ AV 6 5:30 Barre & Stretch 🏋️ AV 6:30 Country 2-Step Level 1 HS 6:30 Country Swing Level 2/3* KN,JR 7:30 Country 2-Step Level 2* HS 7:45 Line Dancing Beginner KN 7:45 Line Dancing Intermediate PS 8:30 Guided Line Dancing - All levels PS TUESDAY SOCIAL West Coast Swing & Two Step Country Swing & Line Dance Dancing 8:30-10:30 \$5/person	9AM Pilates Sculpt 🏋️ JA 7 6:30 Country Swing Level 1 KN,JR 6:30 Casino Rueda Level 3* MV 7:30-9 Salsa/ Bachata Level 2* PV,SM 7:45 Country Swing Level 1.5* KN,JR 7:45 Bachata Intensive Level 2+* JO,AC	9AM Meet Me at the Barre 🏋️ AV 8 6:30 Bachata Level 1 EV,HW 6:30 Cha Cha Level 1 LK 7:30 Salsa Level 1 SG,LK 7:30 Casino Rueda Lvls 1.5* & 2* MV,AJ Prior Rueda experience required 7:30 Ladies Latin Styling All Levels HW	9:15AM JAZZERCISE™ FREE for members ❤️ 9 LATIN NIGHT 8:30PM - 1AM Lessons at 8:45 & 9:30PM See website for more info	7AM & 9AM JAZZERCISE™ FREE for members ❤️ 10 PRIVATE EVENT RENTALS Contact us for availability
9AM JAZZERCISE™ FREE for members ❤️ 11 4:00 Foxtrot NEW Level 1 HW 4:00 Bachata Level 2* JO,AC 5-6:30 Salsa/ Bachata Level 1 SG,LK 5:00 West Coast Swing Level 2+* EZ Followed by practica 6-7PM	9AM Build 2 Burn 🏋️ KG 12 5:30 Total Body Workout 🏋️ BD 6:30 West Coast Swing Level 1 HS,RM Recommended: 2 months of any partner dance 6:30 Casino Rueda Level 1 MV,AJ 7:45 West Coast Swing Lvl 1.5* TRIAL HS,RM 7:30-9 Salsa/ Bachata Level 1.5* HW,LK 7:30 Salsa Level 3* SG,MV	9AM Step & Core 🏋️ AV 13 5:30 Barre & Stretch 🏋️ AV 6:30 Country 2-Step Level 1 HS 6:30 Country Swing Level 2/3* KN,JR 7:30 Country 2-Step Level 2* HS 7:45 Line Dancing Beginner KN 7:45 Line Dancing Intermediate PS 8:30 Guided Line Dancing - All levels PS TUESDAY SOCIAL West Coast Swing & Two Step Country Swing & Line Dance Dancing 8:30-10:30 \$5/person	9AM Pilates Sculpt 🏋️ JA 14 6:30 Country Swing Level 1 KN,JR 6:30 Casino Rueda Level 3* MV 7:30-9 Salsa/ Bachata Level 2* PV,SM 7:45 Country Swing Level 1.5* KN,JR 7:45 Bachata Intensive Level 2+* JO,AC	9AM Meet Me at the Barre 🏋️ AV 15 6:30 Bachata Level 1 EV,HW 6:30 Cha Cha Level 1 LK 7:30 Salsa Level 1 SG,LK 7:30 Casino Rueda Lvls 1.5* & 2* MV,AJ Prior Rueda experience required 7:30 Ladies Latin Styling All Levels HW	9:15AM JAZZERCISE™ FREE for members ❤️ 16 Synergy WEEKENDERS SALSA & BACHATA Not included in membership Buy your pass online or at SGD	7AM & 9AM JAZZERCISE™ FREE for members ❤️ 17
9AM JAZZERCISE™ FREE for members ❤️ 18 4:00 Foxtrot NEW Level 1 HW 5-6:30 Salsa/ Bachata Level 1 SG,LK 5:00 West Coast Swing Level 2+* DH Followed by practica 6-7PM Synergy WEEKENDERS SALSA & BACHATA Synergy continued Classes as normal	9AM Build 2 Burn 🏋️ KG 19 5:30 Total Body Workout 🏋️ BD 6:30 West Coast Swing Level 1 HS,RM Recommended: 2 months of any partner dance 6:30 Casino Rueda Level 1 MV,AJ 7:45 West Coast Swing Lvl 1.5* TRIAL HS,RM 7:30-9 Salsa/ Bachata Level 1.5* HW,LK 7:30 Salsa Level 3* MS,KB	9AM Step & Core 🏋️ AV 20 5:30 Barre & Stretch 🏋️ AV 6:30 Country 2-Step Level 1 HS 6:30 Country Swing Level 2/3* KN,JR 7:30 Country 2-Step Level 2* HS 7:45 Line Dancing Beginner KN 7:45 Line Dancing Intermediate PS 8:30 Guided Line Dancing - All levels PS TUESDAY SOCIAL West Coast Swing & Two Step Country Swing & Line Dance Dancing 8:30-10:30 \$5/person	9AM Pilates Sculpt 🏋️ JA 21 6:30 Country Swing Level 1 KN,JR 6:30 Casino Rueda Level 3* MV 7:30-9 Salsa/ Bachata Level 2* PV,SM 7:45 Country Swing Level 1.5* KN,JR 7:45 Bachata Intensive Level 2+* JO,AC	9AM Meet Me at the Barre 🏋️ AV 22 6:30 Bachata Level 1 EV,HW 6:30 Cha Cha Level 1 EZ 7:30 Salsa Level 1 SG,LK 7:30 Casino Rueda Lvls 1.5* & 2* MV,AJ Prior Rueda experience required 7:30 Ladies Latin Styling All Levels HW	9:15AM JAZZERCISE™ FREE for members ❤️ 23 PRIVATE EVENT RENTALS Contact us for availability	7AM & 9AM JAZZERCISE™ FREE for members ❤️ 24 PRIVATE EVENT RENTALS Contact us for availability
9AM JAZZERCISE™ FREE for members ❤️ 25 4:00 Foxtrot NEW Level 1 HW 4:00 Bachata Level 2* JO,AC 5-6:30 Salsa/ Bachata Level 1 SG,LK 5:00 West Coast Swing Level 2+* EZ SUNDAY SOCIAL Ballroom & West Coast Swing Salsa & Bachata Lessons 6PM, Dancing 6:30-9PM \$15/person	9AM Build 2 Burn 🏋️ KG 26 5:30 Total Body Workout 🏋️ BD 6:30 West Coast Swing Level 1 HS,RM Recommended: 2 months of any partner dance 6:30 Casino Rueda Level 1 MV,AJ 7:45 West Coast Swing Lvl 1.5* TRIAL HS,RM 7:30-9 Salsa/ Bachata Level 1.5* HW,LK 7:30 Salsa Level 3* MS,KB	9AM Step & Core 🏋️ AV 27 5:30 Barre & Stretch 🏋️ AV 6:30 Country 2-Step Level 1 HS 6:30 Country Swing Level 2/3* KN,JR 7:30 Country 2-Step Level 2* HS 7:45 Line Dancing Beginner KN 7:45 Line Dancing Intermediate PS 8:30 Guided Line Dancing - All levels PS TUESDAY SOCIAL West Coast Swing & Two Step Country Swing & Line Dance Dancing 8:30-10:30 \$5/person	9AM Pilates Sculpt 🏋️ JA 28 6:30 Country Swing Level 1 KN,JR 6:30 Casino Rueda Level 3* MV 7:30-9 Salsa/ Bachata Level 2* PV,SM 7:45 Country Swing Level 1.5* KN,JR 7:45 Bachata Intensive Level 2+* JO,AC	9AM Meet Me at the Barre 🏋️ AV 29 6:30 Bachata Level 1 EV,HW 6:30 Cha Cha Level 1 LK 7:30 Salsa Level 1 SG,LK 7:30 Casino Rueda Lvls 1.5* & 2* MV,AJ Prior Rueda experience required 7:30 Ladies Latin Styling All Levels HW	9:15AM JAZZERCISE™ FREE for members ❤️ 30 HALLOWEEN FUSION 8PM - 1AM 3 FLOORS OF DANCING Latin Night Country Night Lessons at 8:15 & 9PM See website for info	7AM & 9AM JAZZERCISE™ FREE for members ❤️ 31 HALLOWEEN MASQUERADE Ball 7PM - 1AM LIVE BAND Five Guys Named Moe + LATIN ROOM See website for info Not included in membership

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

LAST UPDATED 10-13-26