

JULY 2024

9AM Power Hour JS 1
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,SM

9AM Step & Sculpt AV 2
5:30 Step & Sculpt AV
6:30 ReFit BC


6:30 Country 2-Step Level 1 HM
7:00 Country Swing Practice
7:30 West Coast Swing Level 2* LA, JM
7:30 West Coast Swing Level 3* EZ, HM

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

9AM Totally Toned JS 3
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 1.5* SG, JD
7:30-9 Salsa/ Bachata Level 2* PV, SM
7:30-9 Salsa/ Bachata Level 3* MS, KB

9AM Meet Me at the BARRE AV 4



PRIVATE EVENT RENTALS
Contact us for availability

9AM Power Pilates JH 5
10AM ReFit BC

PRIVATE EVENT RENTALS
Contact us for availability

9AM REV + Tone BC 6
10AM Mixxed Tape BC

PRIVATE EVENT RENTALS
Contact us for availability

9AM TONE & Stretch SR 7
10AM Comin in HOT SR

5 Waltz Level 1 HW
6 Country 2-Step Level 2* HM
6-7:30 Salsa/Bachata Level 1 PV, HW

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

9AM Power Hour JS 8
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,SM

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

6:30 Country 2-Step Level 1 HM
7:00 Country Swing Practice
7:30 West Coast Swing Level 2* LA, JM
7:30 West Coast Swing Level 3* EZ, HM
7:45 Line Dance lesson + practice NEW CR, MP

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

9AM Totally Toned JS 10
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 1.5* SG, JD
7:30-9 Salsa/ Bachata Level 2* PV, SM
7:30-9 Salsa/ Bachata Level 3* MS, KB

9AM Meet Me at the BARRE AV 11
6:30 Turn Up Dance DE
7:30 503 Cardio Groove BC

7-8:30 Casino Rueda Level 1 & 2* MV
7-8:30 Salsa/ Bachata Level 1 SG

9AM Power Pilates JH 12
10AM ReFit BC

FRIDAY FUSION
3 FLOORS of DANCING
7:30PM-1AM
COUNTRY NIGHT & LATIN NIGHT

Lessons at 7:45 & 8:30PM
See website for more INFO
\$15/person or 2 for \$20

9AM REV + Tone BC 13
10AM Mixxed Tape BC

PRIVATE EVENT RENTALS
Contact us for availability

9AM TONE & Stretch SR 14
10AM Comin in HOT SR

5 Waltz Level 1 HW
6 Country 2-Step Level 2* HM
6-7:30 Salsa/Bachata Level 1 PV, HW
7-8:30 FREE Country/WCS Practice

9AM Power Hour JS 15
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,SM

9AM Step & Sculpt AV 16
5:30 Step & Sculpt AV
6:30 ReFit BC

6:30 Country 2-Step Level 1 HM
7:00 Country Swing Practice
7:30 West Coast Swing Level 2* LA, JM
7:30 West Coast Swing Level 3* EZ, HM
7:45 Line Dance lesson + practice NEW CR, MP

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

9AM Totally Toned JS 17
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 1.5* SG, JD
7:30-9 Salsa/ Bachata Level 2* PV, SM
7:30-9 Salsa/ Bachata Level 3* MS, KB

9AM Meet Me at the BARRE AV 18
6:30 Turn Up Dance DE
7:30 503 Cardio Groove BC

7-8:30 Casino Rueda Level 1 & 2* MV
7-8:30 Salsa/ Bachata Level 1 SG

9AM Power Pilates JH 19
10AM ReFit BC

PRIVATE EVENT RENTALS
Contact us for availability

9AM REV + Tone BC 20
10AM Mixxed Tape BC

PRIVATE EVENT RENTALS
Contact us for availability

9AM TONE & Stretch SR 21
10AM Comin in HOT SR

5 Waltz Level 1 HW
6 Country 2-Step Level 2* HM
7-8:30 FREE Country/WCS Practice

SALSA in the PARK
Beaverton Round 6-9PM
FREE FOR ALL
SEE WEBSITE FOR INFO

9AM Power Hour JS 22
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,SM

9AM Step & Sculpt AV 23
5:30 Step & Sculpt AV
6:30 ReFit BC

6:30 Country 2-Step Level 1 HM
7:00 Country Swing Practice
7:30 West Coast Swing Level 2* LA, JM
7:30 West Coast Swing Level 3* EZ, HM
7:45 Line Dance lesson + practice NEW CR, MP

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

9AM Totally Toned JS 24
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 1.5* SG, JD
7:30-9 Salsa/ Bachata Level 2* PV, SM
7:30-9 Salsa/ Bachata Level 3* MS, KB

9AM Meet Me at the BARRE AV 25
6:30 Turn Up Dance DE
7:30 503 Cardio Groove BC

7-8:30 Casino Rueda Level 1 & 2* MV
7-8:30 Salsa/ Bachata Level 1 SG

9AM Power Pilates JH 26
10AM ReFit BC

FRIDAY FUSION
3 FLOORS of DANCING 7:30PM-1AM
LIVE BAND NIGHT
COUNTRY NIGHT & LATIN NIGHT

Lessons at 7:45 & 8:30PM
See website for more INFO
\$15/person or 2 for \$20



9AM REV + Tone BC 27
10AM Mixxed Tape BC

PRIVATE EVENT RENTALS
Contact us for availability

9AM TONE & Stretch SR 28
10AM Comin in HOT SR

5 Waltz Level 1 HW
6 Country 2-Step Level 2* HM
6-7:30 Salsa/Bachata Level 1 PV, HW
7-8:30 FREE Country/ WCS Practice

9AM Power Hour JS 29
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,SM

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

6:30 Country 2-Step Level 1 HM
7:00 Country Swing Practice
7:30 West Coast Swing Level 2* LA, JM
7:30 West Coast Swing Level 3* EZ, HM
7:45 Line Dance lesson + practice NEW CR, MP

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

9AM Totally Toned JS 31
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 1.5* SG, JD
7:30-9 Salsa/ Bachata Level 2* PV, SM
7:30-9 Salsa/ Bachata Level 3* MS, KB

INSTRUCTOR KEY

AC	Adrian Contreras	JH	Janet Hewitt
AV	Amy V	JO	Julia Ostrovskaja
BC	Brenda Carlson	JS	Jodie Swanegan
CR	Cole Runion	KB	Kristina Boulanger
DE	Danielle Everson	LA	Luke Adams
DS	David Saylor	MP	Madison Puryear
EZ	Eric Zimmer	MS	Miles Schofield
HM	Haley Miller	MV	Miguel Vazquez
HW	Haley Wayt	PV	Paul Venecia
JM	Jana Marie	SG	Shawn Gardner
JD	Jenna Draggoo	SM	Sierra Mullins
		SR	Syd Reed

Membership Options

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

ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS

DROP-IN CLASS RATES

Fitness Classes \$20/Class
Dance Classes \$20 - \$25/Class
Practice Passes available \$6 - \$11/HR

* Indicates Instructor Approval REQUIRED

■ = Fitness Class ■ = Dance Class
↔ = Strength Class ♡ = Cardio Class

SOCIALS

SUN: \$10 or INCLUDED in Membership
TUE: \$5 or INCLUDED in Membership
FRI: \$15/ 2 for \$20/ INC in Membership
SEE DETAILS ON ZEN PLANNER ONLINE