

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOVEMBER 2024

Membership Options

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

ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS * Indicates Instructor Approval REQUIRED

INSTRUCTOR KEY

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

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
SEE DETAILS ON ZEN PLANNER ONLINE

9AM Power Pilates ⇄ JH 1
 10AM ReFit ♡ BC

PRIVATE EVENT RENTALS
 Contact us for availability

9AM REV + Tone ⇄ BC 2
 10AM Mixed Tape ♡ BC

PRIVATE EVENT RENTALS
 Contact us for availability

9AM TONE & Stretch ⇄ SR 3
 10AM Comin in HOT ♡ SR

4:00 Night Club 2-Step Level 1 HW
 5:00 Country 2-Step Level 2* HM
 5-6:30 Salsa/ Bachata Level 1 HW

SEE NEW ↑ SUNDAY TIMES!

9AM Power Hour ⇄ JS 4
 10AM Mixed 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
 7:30-9 Salsa/ Bachata Level 1.5* SG

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

6:30 Country 2-Step Level 1 HM
 7:00 Country Swing Practice
 7:30 WCS Workshop Level 2+ * TC, JM
 7:45 Line Dancing + practice KN

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

9AM Totally Toned ⇄ JS 6
 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 SG
 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 7
 6:30 Turn Up Dance ♡ DE
 7:30 503 Cardio Groove ♡ BC

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

9AM Power Pilates ⇄ JH 8
 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 9
 10AM Mixed Tape ♡ BC

PRIVATE EVENT RENTALS
 Contact us for availability

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

4:00 Night Club 2-Step Level 1 HW
 5:00 Country 2-Step Level 2* HM
 5-6:30 Salsa/ Bachata Level 1 HW

9AM Power Hour ⇄ JS 11
 10AM Mixed 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
 7:30-9 Salsa/ Bachata Level 1.5* SG

9AM Step & Sculpt ♡ AV 12
 5:30 Barre & Stretch NEW ⇄ AV
 6:30 ReFit ♡ BC

6:30 Country 2-Step Level 1 HM
 7:00 Country Swing Practice
 7:30 WCS Social Patterns Level 2+ LA, JM
 7:30 WCS Concepts Level 2+ EZ, HM
 7:45 Line Dancing + practice KN

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

9AM Totally Toned ⇄ JS 13
 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, SM
 7:30-9 Salsa/ Bachata Level 3* MS, KB

9AM Meet Me at the BARRE ⇄ AV 14
 6:30 Turn Up Dance ♡ DE
 7:30 503 Cardio Groove ♡ BC

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

9AM Power Pilates ⇄ JH 15
 10AM ReFit ♡ BC

PRIVATE EVENT RENTALS
 Contact us for availability

9AM Strength Mash-up ⇄ DDS 16
 10AM Dance Mash-up ♡ DDS

Diva Den STUDIO
3-YEAR CELEBRATION
ALL INSTRUCTOR MASH-UP
 9AM STRENGTH
 10AM CARDIO *Free*

9AM TONE & Stretch ⇄ SR 17
 10AM Comin in HOT ♡ SR

4:00 Night Club 2-Step Level 1 HW
 5:00 Country 2-Step Level 2* HM
 5-6:30 Salsa/ Bachata Level 1 HW

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

9AM Power Hour ⇄ JS 18
 10AM Mixed 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
 7:30-9 Salsa/ Bachata Level 1.5* SG

9AM Step & Sculpt ♡ AV 19
 5:30 Barre & Stretch NEW ⇄ AV
 6:30 ReFit ♡ BC

6:30 Country 2-Step Level 1 HM
 7:00 Country Swing Practice
 7:30 WCS Social Patterns Level 2+ LA, JM
 7:30 WCS Concepts Level 2+ EZ, HM
 7:45 Line Dancing + practice KN

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

9AM Totally Toned ⇄ JS 20
 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, SM
 7:30-9 Salsa/ Bachata Level 3* AC, JO

9AM Meet Me at the BARRE ⇄ AV 21
 6:30 Turn Up Dance ♡ DE
 7:30 503 Cardio Groove ♡ BC

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

9AM Power Pilates ⇄ JH 22
 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 23
 10AM Mixed Tape ♡ BC

PRIVATE EVENT RENTALS
 Contact us for availability

9AM TONE & Stretch ⇄ SR 24
 10AM Comin in HOT ♡ SR

4:00 Night Club 2-Step Level 1 HW
 5:00 Country 2-Step Level 2* HM
 5-6:30 Salsa/ Bachata Level 1 HW

9AM Power Hour ⇄ JS 25
 10AM Mixed 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
 7:30-9 Salsa/ Bachata Level 1.5* SG

9AM Step & Sculpt ♡ AV 26
 5:30 Barre & Stretch NEW ⇄ AV
 6:30 ReFit ♡ BC

6:30 Country 2-Step Level 1 HM
 7:00 Country Swing Practice
 7:30 WCS Social Patterns Level 2+ LA, JM
 7:30 WCS Concepts Level 2+ EZ, HM
 7:45 Line Dancing + practice KN

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

9AM Totally Toned ⇄ JS 27
 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 Workshop Level 2*/3* AC, JO

9-10:30AM THANKSGIVING WORKOUT 28
 STRENGTH & DANCE AV, SR

Happy Thanksgiving!

9AM Power Pilates ⇄ JH 29
 10AM ReFit ♡ BC

PRIVATE EVENT RENTALS
 Contact us for availability

9AM REV + Tone ⇄ BC 30
 10AM Mixed Tape ♡ BC

PRIVATE EVENT RENTALS
 Contact us for availability