

AUGUST 2024

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

INSTRUCTOR KEY

AC	Adrian Contreras	JS	Jodie Swanegan
AV	Amy V	KN	Kat Nichols
BC	Brenda Carlson	KB	Kristina Boulanger
DE	Danielle Everson	LA	Luke Adams
DS	David Saylor	MF	Morgan Fredericks
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
JH	Janet Hewitt	SR	Syd Reed
JO	Julia Ostrovkaia	TC	Tom Cochran

Membership Options

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

ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS

9AM TONE & Stretch SR **4**
 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

SUNDAY SOCIAL RESUMES IN SEPTEMBER

9AM Power Hour JS **5**
 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

9AM Step & Sculpt AV **6**
 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 Worskhop Level 2/3* EZ, HM
 7:45 Line Dance lesson + practice MF

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

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

9AM Meet Me at the BARRE AV **8**
 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 **9**
 10AM ReFit BC

FRIDAY FUSION
 3 FLOORS of DANCING
 COUNTRY NIGHT
 LATIN NIGHT
 Indoor & Outdoor
 Doors Open at 7:30
 Lessons at 7:45 & 8:30PM
 See website for more INFO
 \$15/person or 2 for \$20

9AM REV + Tone BC **10**
 10AM Mixed Tape BC

PRIVATE EVENT RENTALS
 Contact us for availability

9AM TONE & Stretch SR **11**
 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 **12**
 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

9AM Step & Sculpt AV **13**
 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 2/3* TC, JM
 7:45 Line Dance lesson + practice MF

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

9AM Totally Toned JS **14**
 10AM Core & Stretch JH
 5:30 Hard CORE - Booty SR
 6:30 Comin in HOT SR

6:30 West Coast Swing Level 1 TC, JM
 6:30 Casino Rueda Level 3* MV
 7:30-9 Salsa/Bachata Level 1.5* SG
 7:30-9 Salsa/ Bachata Workshop Level 2/3* PV, SM

9AM Meet Me at the BARRE AV **15**
 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 **16**
 10AM ReFit BC

PRIVATE EVENT RENTALS
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9AM REV + Tone BC **17**
 10AM Mixed Tape BC

PRIVATE EVENT RENTALS
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9AM TONE & Stretch SR **18**
 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 **19**
 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

9AM Step & Sculpt AV **20**
 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 2/3* LA, JM
 7:45 Line Dance lesson + practice KN

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

9AM Totally Toned JS **21**
 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* PV,SM
 7:30-9 Salsa/ Bachata Workshop Level 2/3* AC, JO

9AM Meet Me at the BARRE AV **22**
 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 **23**
 10AM ReFit BC

PRIVATE EVENT RENTALS
 Contact us for availability

9AM REV + Tone BC **24**
 10AM Mixed Tape BC

PRIVATE EVENT RENTALS
 Contact us for availability

9AM TONE & Stretch SR **25**
 10AM Comin in HOT SR

9AM Power Hour JS **26**
 10AM Mixed Tape BC
 5:30 Hard CORE - Arms SR
 6:30 Dance Fit SR

9AM Step & Sculpt AV **27**
 5:30 Step & Sculpt AV
 6:30 ReFit BC

9AM Totally Toned JS **28**
 10AM Core & Stretch JH
 5:30 Hard CORE - Booty SR
 6:30 Comin in HOT SR

9AM Meet Me at the BARRE AV **29**
 6:30 Turn Up Dance DE
 7:30 503 Cardio Groove BC

9AM Power Pilates JH **30**
 10AM ReFit BC

FRIDAY FUSION RESUMES IN SEPTEMBER

9AM REV + Tone BC **31**
 10AM Mixed Tape BC

Partner dance classes & socials on break - resuming in September