

OCTOBER 2024

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 6
 10AM Comin in HOT ↔ SR
 11AM FREE Pilates Flow JH

5:00 Night Club 2-Step Level 1 HW
 6:00 Country 2-Step Level 2* HM
 6-7:30 Salsa/ Bachata Level 1 HW
 7-8:30 FREE Country/ WCS practice

TRIAL CLASS - ALL WELCOME
 11AM Pilates Flow Mats available with Janet Hewitt

FREE FITNESS POP-UP

9AM TONE & Stretch ↔ SR 13
 10AM Comin in HOT ↔ SR

5:00 Night Club 2-Step Level 1 HW
 6:00 Country 2-Step Level 2* HM
 6-7:30 Salsa/ Bachata Level 1 HW
 7-8:30 FREE Country/ WCS practice

9AM TONE & Stretch ↔ SR 20
 10AM Comin in HOT ↔ SR

5:00 Night Club 2-Step Level 1 HW
 6:00 Country 2-Step Level 2* HM
 6-7:30 Salsa/ Bachata Level 1 HW

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

9AM TONE & Stretch ↔ SR 27
 10AM Comin in HOT ↔ SR

5:00 Night Club 2-Step Level 1 HW
 6:00 Country 2-Step Level 2* HM
 6-7:30 Salsa/ Bachata Level 1 HW
 7-8:30 FREE Country/ WCS practice

9AM Power Hour ↔ JS 7
 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
 7:30-9 Salsa/ Bachata Level 1.5* NEW SG

9AM Power Hour ↔ JS 14
 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
 7:30-9 Salsa/ Bachata Level 1.5* NEW SG

9AM Power Hour ↔ JS 21
 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
 7:30-9 Salsa/ Bachata Level 1.5* NEW SG

9AM Power Hour ↔ JS 28
 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
 7:30-9 Salsa/ Bachata Level 1.5* NEW SG

9AM Step & Sculpt ↔ AV 1
 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 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 Step & Sculpt ↔ AV 8
 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 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 Step & Sculpt ↔ AV 15
 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 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 Step & Sculpt ↔ AV 22
 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 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 Step & Sculpt ↔ AV 29
 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 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 2
 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* AC, JO

9AM Totally Toned ↔ JS 9
 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* AC, JO

9AM Totally Toned ↔ JS 16
 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 Totally Toned ↔ JS 23
 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 Totally Toned ↔ JS 30
 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 3
 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
 7:30 Casino Rueda Level 2 MV

9AM Meet Me at the BARRE ↔ AV 10
 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
 7:30 Casino Rueda Level 2* MV

9AM Meet Me at the BARRE ↔ AV 17
 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
 7:30 Casino Rueda Level 2* MV

9AM Meet Me at the BARRE ↔ AV 24
 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
 7:30 Casino Rueda Level 2* MV

9AM Meet Me at the BARRE ↔ AV 31

HAPPY HALLOWEEN
 No evening classes

9AM Power Pilates ↔ JH 4
 10AM ReFit ↔ BC

PRIVATE EVENT RENTALS
 Contact us for availability

9AM Power Pilates ↔ JH 11
 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

PRIVATE EVENT RENTALS
 Contact us for availability

9AM Power Pilates ↔ JH 18
 10AM ReFit ↔ BC

PRIVATE EVENT RENTALS
 Contact us for availability

9AM Power Pilates ↔ JH 25
 10AM ReFit ↔ BC

HALLOWEEN FUSION
 7:45PM - 1AM
4 FLOORS OF DANCING
\$20 or 2/\$30
 Included in membership
 See website for more info

PRIVATE EVENT RENTALS
 Contact us for availability

9AM REV + Tone ↔ BC 5
 10AM Mixxed Tape ↔ BC

PRIVATE EVENT RENTALS
 Contact us for availability

9AM REV + Tone ↔ BC 12
 10AM Mixxed Tape ↔ BC

PRIVATE EVENT RENTALS
 Contact us for availability

9AM REV + Tone ↔ BC 19
 10AM Mixxed Tape ↔ BC

PRIVATE EVENT RENTALS
 Contact us for availability

9AM REV + Tone ↔ BC 26
 10AM Mixxed Tape ↔ BC

PRIVATE EVENT RENTALS
 Contact us for availability

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

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

* Indicates Instructor Approval REQUIRED