

SUNDAY

JANUARY 2025

MONDAY

Membership Options

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

ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS

TUESDAY

INSTRUCTOR KEY

AC - Adrian Contreras	JS - Jodie Swanegan
AV - Amy V	KB - Kristina Boulanger
BC - Brenda Carlson	KN - Kat Nichols
DS - David Saylor	LA - Luke Adams
EV - Enrique Villarreal	LW - LaTosha Williams
EZ - Eric Zimmer	MS - Miles Schofield
HM - Haley Miller	MV - Miguel Vazquez
HW - Haley Wayt	PV - Paul Venecia
JD - Jenna Draggoo	SG - Shawn Gardner
JH - Janet Hewitt	SM - Sierra Mullins
JM - Jana Marie	SR - Syd Reed
JO - Julia Ostrovskaia	PDXW - PDX Weekly

*** Indicates Instructor Approval REQUIRED**



THURSDAY

FRIDAY

SATURDAY

9AM TONE & Stretch 10AM Comin in HOT	SR SR	5
4:00 Hustle Level 1 4:00 Bachata Level 2*	HW AC,JO	
5:00 Country 2-Step Level 2*	HM	
5-6:30 Salsa/ Bachata Level 1	HW	
6:00 WCS Concepts Level 2+*	EZ, HM	

9AM Power Hour 10AM Mixxed Tape	JS BC	6
5:30 Hard CORE - Arms 6:30 Dance Fit	SR SR	
6:30 Country Swing Level 2*	DS	
7:30 Country Swing Level 1	DS	
7:30-9 Salsa/ Bachata Level 2.5*	PV, JD	
7:30-9 Salsa/ Bachata Level 1.5*	SG	

9AM Step & Sculpt 12PM Hip Hop HIITS	AV LW	7
5:30 Barre & Stretch 6:30 ReFit	AV BC	
6:30 Country 2-Step Level 1	HM	
7:00 Guided Country Practice	PDXW	
7:30 WCS Social Patterns Level 2+*	LA, JM	
7:45 Line Dancing lesson + practice	KN	

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

9AM Totally Toned 10AM Core & Stretch	JS JH	8
5:30 Hard CORE - Booty 6:30 Comin in HOT	SR 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, JD	
7:30-9 Salsa/ Bachata Level 3*	MS, KB	

9AM Meet Me at the BARRE 7:30 503 Cardio Groove	AV BC	9
6:30 Bachata Level 1 7:30 Casino Rueda Level 1 7:30 Casino Rueda Levels 1.5 & 2*	EV, SG SG, SGD MV, SGD	

PRIVATE EVENT RENTALS
Contact us for availability

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 10AM Mixxed Tape	BC BC	11
PRIVATE EVENT RENTALS Contact us for availability		

9AM TONE & Stretch 10AM Comin in HOT	SR SR	12
4:00 Hustle Level 1 4:00 Bachata Level 2*	HW AC,JO	
5:00 Country 2-Step Level 2*	HM	
5-6:30 Salsa/ Bachata Level 1	HW	
6:00 WCS Concepts Level 2+*	EZ, HM	

9AM Power Hour 10AM Mixxed Tape	JS BC	13
5:30 Hard CORE - Arms 6:30 Dance Fit	SR SR	
6:30 Country Swing Level 2*	DS	
7:30 Country Swing Level 1	DS	
7:30-9 Salsa/ Bachata Level 2.5*	PV, JD	
7:30-9 Salsa/ Bachata Level 1.5*	SG	

9AM Step & Sculpt 12PM Hip Hop HIITS	AV LW	14
5:30 Barre & Stretch 6:30 ReFit	AV BC	
6:30 Country 2-Step Level 1	HM	
7:00 Guided Country Practice	PDXW	
7:30 WCS Social Patterns Level 2+*	LA, JM	
7:45 Line Dancing lesson + practice	KN	

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

9AM Totally Toned 10AM Core & Stretch	JS JH	15
5:30 Hard CORE - Booty 6:30 Comin in HOT	SR 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, JD	
7:30-9 Salsa/ Bachata Level 3*	MS, KB	

9AM Meet Me at the BARRE 7:30 503 Cardio Groove	AV BC	16
6:30 Bachata Level 1 7:30 Casino Rueda Level 1 7:30 Casino Rueda Levels 1.5 & 2*	EV, SG SG, SGD MV, SGD	

PRIVATE EVENT RENTALS
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STOMPEDE
PROUDLY HOSTING THE FIRST ANNUAL PNW STOMPEDE DANCE FESTIVAL

For more information visit
www.pnwsdf.com

9AM REV + Tone 10AM Mixxed Tape	BC BC	18
PRIVATE EVENT RENTALS Contact us for availability		

9AM TONE & Stretch 10AM Comin in HOT	SR SR	19
PNWSDF continued No 4pm dance classes		
5:00 Country 2-Step Level 2*	HM	
5-6:30 Salsa/ Bachata Level 1	HW	
6:00 WCS Concepts Level 2+*	EZ, HM	

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

9AM Power Hour 10AM Mixxed Tape	JS BC	20
5:30 Hard CORE - Arms 6:30 Dance Fit	SR SR	
6:30 Country Swing Level 2*	DS	
7:30 Country Swing Level 1	DS	
7:30-9 Salsa/ Bachata Level 2.5*	PV, JD	
7:30-9 Salsa/ Bachata Level 1.5*	SG	

9AM Step & Sculpt 12PM Hip Hop HIITS	AV LW	21
5:30 Barre & Stretch 6:30 ReFit	AV BC	
6:30 Country 2-Step Level 1	HM	
7:00 Guided Country Practice	PDXW	
7:30 WCS Social Patterns Level 2+*	LA, JM	
7:45 Line Dancing lesson + practice	KN	

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

9AM Totally Toned 10AM Core & Stretch	JS JH	22
5:30 Hard CORE - Booty 6:30 Comin in HOT	SR 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, JD	
7:30-9 Salsa/ Bachata Level 3*	MS, KB	

9AM Meet Me at the BARRE 7:30 503 Cardio Groove	AV BC	23
6:30 Bachata Level 1 7:30 Casino Rueda Level 1 7:30 Casino Rueda Levels 1.5 & 2*	EV, SG SG, SGD MV, SGD	

PRIVATE EVENT RENTALS
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LADIES BACHATA TEAM AUDITIONS

FREE 1-3PM
See website for more details

9AM TONE & Stretch 10AM Comin in HOT	SR SR	26
4:00 Hustle Level 1 4:00 Bachata Level 2*	HW AC,JO	
5:00 Country 2-Step Level 2*	HM	
5-6:30 Salsa/ Bachata Level 1	HW	
6:00 WCS Concepts Level 2+*	EZ, HM	

9AM Power Hour 10AM Mixxed Tape	JS BC	27
5:30 Hard CORE - Arms 6:30 Dance Fit	SR SR	
6:30 Country Swing Level 2*	DS	
7:30 Country Swing Level 1	DS	
7:30-9 Salsa/ Bachata Level 2.5*	PV, JD	
7:30-9 Salsa/ Bachata Level 1.5*	SG	

9AM Step & Sculpt 12PM Hip Hop HIITS	AV LW	28
5:30 Barre & Stretch 6:30 ReFit	AV BC	
6:30 Country 2-Step Level 1	HM	
7:00 Guided Country Practice	PDXW	
7:30 WCS Social Patterns Level 2+*	LA, JM	
7:45 Line Dancing lesson + practice	KN	

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

9AM Totally Toned 10AM Core & Stretch	JS JH	29
5:30 Hard CORE - Booty 6:30 Comin in HOT	SR 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, JD	
7:30-9 Salsa/ Bachata Level 3*	MS, KB	

9AM Meet Me at the BARRE 7:30 503 Cardio Groove	AV BC	30
6:30 Bachata Level 1 7:30 Casino Rueda Level 1 7:30 Casino Rueda Levels 1.5 & 2*	EV, SG SG, SGD MV, SGD	

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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
 DETAILS ON ZEN PLANNER ONLINE