

# 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	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	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	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	Power Pilates	JH	4
10AM	ReFit	BC	

9AM	REV + Tone	BC	5
10AM	Mixed Tape	BC	

PRIVATE EVENT RENTALS  
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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	PV, 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	Power Hour	JS	7
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	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	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	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	

**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	12
10AM	Mixed Tape	BC	

PRIVATE EVENT RENTALS  
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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	PV, HW	
7-8:30	FREE Country/ WCS practice		

9AM	Power Hour	JS	14
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	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	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	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	Power Pilates	JH	18
10AM	ReFit	BC	

PRIVATE EVENT RENTALS  
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9AM	REV + Tone	BC	19
10AM	Mixed Tape	BC	

PRIVATE EVENT RENTALS  
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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	PV, HW	

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

9AM	Power Hour	JS	21
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	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	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	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	

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

9AM	REV + Tone	BC	26
10AM	Mixed Tape	BC	

PRIVATE EVENT RENTALS  
 Contact us for availability

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	PV, HW	
7-8:30	FREE Country/ WCS practice		

9AM	Power Hour	JS	28
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	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	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	

**HAPPY HALLOWEEN**

No evening classes

**INSTRUCTOR KEY**

AC	Adrian Contreras	JO	Julia Ostrovskaja
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

\* Indicates Instructor Approval REQUIRED

**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