

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9AM TONE & Stretch SR 1</p> <p>10AM Comin in HOT SR</p> <p>4:00 Night Club 2-Step Level 1 HW</p> <p>5:00 Country 2-Step Level 2* HM</p> <p>5-6:30 Salsa/ Bachata Level 1 HW</p> <p>6:00 WCS Concepts Level 2+ EZ, HM</p>	<p>9AM Power Hour JS 2</p> <p>10AM Mixed Tape BC</p> <p>5:30 Hard CORE - Arms SR</p> <p>6:30 Dance Fit SR</p> <p>6:30 Country Swing Level 2* DS</p> <p>7:30 Country Swing Level 1 DS</p> <p>7:30-9 Salsa/ Bachata Level 2.5* PV, SM</p> <p>7:30-9 Salsa/ Bachata Level 1.5* SG</p>	<p>9AM Step & Sculpt AV 3</p> <p>5:30 Barre & Stretch AV</p> <p>6:30 ReFit BC</p> <p>6:30 Country 2-Step Level 1 HM</p> <p>7:00 Country Swing Practice</p> <p>7:30 WCS Social Patterns Level 2+ LA, JM</p> <p>7:45 Line Dancing lesson + practice KN</p> <p>TUESDAY SOCIAL West Coast Swing & Two Step Country Swing & Line Dance Dancing 8:30-10:30PM \$5/person</p>	<p>9AM Totally Toned JS 4</p> <p>10AM Core & Stretch JH</p> <p>5:30 Hard CORE - Booty SR</p> <p>6:30 Comin in HOT SR</p> <p>6:30 West Coast Swing Level 1 LA, JM</p> <p>6:30 Casino Rueda Level 3* MV</p> <p>7:30-9 Salsa/ Bachata Level 1 HW</p> <p>7:30-9 Salsa/ Bachata Level 2* PV, SM</p> <p>7:30-9 Salsa/ Bachata Level 3* MS, KB</p>	<p>9AM Meet Me at the BARRE AV 5</p> <p>7:30 503 Cardio Groove BC</p> <p>6:30 Bachata Level 1 EV, SM</p> <p>7:30 Casino Rueda Level 1 SG, SGD</p> <p>7:30 Casino Rueda Levels 1.5 & 2* MV, SGD</p>	<p>9AM Power Pilates JH 6</p> <p>10AM ReFit BC</p> <p>PRIVATE EVENT RENTALS Contact us for availability</p>	<p>9AM REV + Tone BC 7</p> <p>10AM Mixed Tape BC</p> <p>PRIVATE EVENT RENTALS Contact us for availability</p>
<p>9AM TONE & Stretch SR 8</p> <p>10AM Comin in HOT SR</p> <p>4:00 Night Club 2-Step Level 1 HW</p> <p>5:00 Country 2-Step Level 2* HM</p> <p>5-6:30 Salsa/ Bachata Level 1 HW</p> <p>6:00 WCS Concepts Level 2+ EZ, HM</p>	<p>9AM Power Hour JS 9</p> <p>10AM Mixed Tape BC</p> <p>5:30 Hard CORE - Arms SR</p> <p>6:30 Dance Fit SR</p> <p>6:30 Country Swing Level 2* DS</p> <p>7:30 Country Swing Level 1 DS</p> <p>7:30-9 Salsa/ Bachata Level 2.5* PV, SM</p> <p>7:30-9 Salsa/ Bachata Level 1.5* SG</p>	<p>9AM Step & Sculpt AV 10</p> <p>5:30 Barre & Stretch AV</p> <p>6:30 ReFit BC</p> <p>6:30 Country 2-Step Level 1 HM</p> <p>7:00 Country Swing Practice</p> <p>7:30 WCS Social Patterns Level 2+ LA, JM</p> <p>7:45 Line Dancing lesson + practice KN</p> <p>TUESDAY SOCIAL West Coast Swing & Two Step Country Swing & Line Dance Dancing 8:30-10:30PM \$5/person</p>	<p>9AM Totally Toned JS 11</p> <p>10AM Core & Stretch JH</p> <p>5:30 Hard CORE - Booty SR</p> <p>6:30 Comin in HOT SR</p> <p>6:30 West Coast Swing Level 1 LA, JM</p> <p>6:30 Casino Rueda Level 3* MV</p> <p>7:30-9 Salsa/ Bachata Level 1 HW</p> <p>7:30-9 Salsa/ Bachata Level 2* PV, SM</p> <p>7:30-9 Salsa/ Bachata Level 3* MS, KB</p>	<p>9AM Meet Me at the BARRE AV 12</p> <p>7:30 503 Cardio Groove BC</p> <p>6:30 Bachata Level 1 EV, SM</p> <p>7:30 Casino Rueda Level 1 SG, SGD</p> <p>7:30 Casino Rueda Levels 1.5 & 2* MV, SGD</p>	<p>9AM Power Pilates JH 13</p> <p>10AM ReFit BC</p> <p>RED & WHITE NIGHT 3 FLOORS OF DANCING SHOWS, PRIZES & FUN! Lessons at 7:45 & 8:30 Dancing until 1:30AM \$20 or 2 for \$30 See info on website</p> <p>PRIVATE EVENT RENTALS Contact us for availability</p>	<p>9AM REV + Tone BC 14</p> <p>10AM Mixed Tape BC</p> <p>PRIVATE EVENT RENTALS Contact us for availability</p>
<p>9AM TONE & Stretch SR 15</p> <p>10AM Comin in HOT SR</p> <p>4:00 Night Club 2-Step Level 1 HW</p> <p>5:00 Country 2-Step Level 2* HM</p> <p>5-6:30 Salsa/ Bachata Level 1 HW</p> <p>6:00 WCS Concepts Level 2+ EZ, HM</p>	<p>9AM Power Hour JS 16</p> <p>10AM Mixed Tape BC</p> <p>5:30 Hard CORE - Arms SR</p> <p>6:30 Dance Fit SR</p> <p>6:30 Country Swing Level 2* DS</p> <p>7:30 Country Swing Level 1 DS</p> <p>7:30-9 Salsa/ Bachata Level 2.5* PV, SM</p> <p>7:30-9 Salsa/ Bachata Level 1.5* SG</p>	<p>9AM Step & Sculpt AV 17</p> <p>5:30 Barre & Stretch AV</p> <p>6:30 ReFit BC</p> <p>6:30 Country 2-Step Level 1 HM</p> <p>7:00 Country Swing Practice</p> <p>7:30 WCS Social Patterns Level 2+ LA, JM</p> <p>7:45 Line Dancing lesson + practice KN</p> <p>TUESDAY SOCIAL West Coast Swing & Two Step Country Swing & Line Dance Dancing 8:30-10:30PM \$5/person</p>	<p>9AM Totally Toned JS 18</p> <p>10AM Core & Stretch JH</p> <p>5:30 Hard CORE - Booty SR</p> <p>6:30 Comin in HOT SR</p> <p>6:30 West Coast Swing Level 1 LA, JM</p> <p>6:30 Casino Rueda Level 3* MV</p> <p>7:30-9 Salsa/ Bachata Level 1 HW</p> <p>7:30-9 Salsa/ Bachata Level 2* PV, SM</p> <p>7:30-9 Salsa/ Bachata Level 3* MS, KB</p>	<p>9AM Meet Me at the BARRE AV 19</p> <p>7:30 503 Cardio Groove BC</p> <p>6:30 Bachata Level 1 EV, SM</p> <p>7:30 Casino Rueda Level 1 SG, SGD</p> <p>7:30 Casino Rueda Levels 1.5 & 2* MV, SGD</p>	<p>9AM Power Pilates JH 20</p> <p>10AM ReFit BC</p> <p>PRIVATE EVENT RENTALS Contact us for availability</p>	<p>9AM REV + Tone BC 21</p> <p>10AM Mixed Tape BC</p> <p>PRIVATE EVENT RENTALS Contact us for availability</p>
<p>9AM TONE & Stretch SR 22</p> <p>10AM Comin in HOT SR</p> <p>4:00 Night Club 2-Step Level 1 HW</p> <p>5:00 Country 2-Step Level 2* HM</p> <p>5-6:30 Salsa/ Bachata Level 1 HW</p> <p>6:00 WCS Concepts Level 2+ EZ, HM</p>	<p>9AM Power Hour JS 23</p> <p>10AM Mixed Tape BC</p> <p>5:30 Hard CORE - Arms SR</p> <p>6:30 Dance Fit SR</p>	<p>9-10:30AM Christmas Eve Workout SR, AV 24</p>		<p>9AM Meet Me at the BARRE AV 26</p> <p>7:30 503 Cardio Groove BC</p>	<p>9AM Power Pilates JH 27</p> <p>10AM ReFit BC</p> <p>No Friday Fusion tonight - New Year's Eve info below!</p> <p>PRIVATE EVENT RENTALS Contact us for availability</p>	<p>9AM REV + Tone BC 28</p> <p>10AM Mixed Tape BC</p> <p>PRIVATE EVENT RENTALS Contact us for availability</p>
HAPPY HOLIDAYS - PARTNER CLASSES RESUME IN JANUARY						
<p>9AM TONE & Stretch SR 29</p> <p>10AM Comin in HOT SR</p>	<p>9AM Power Hour JS 30</p> <p>10AM Mixed Tape BC</p> <p>5:30 Hard CORE - Arms SR</p> <p>6:30 Dance Fit SR</p>	<p>NEW YEAR'S EVE 3 ROOMS of DANCING 7:30PM - 1AM SEE INFO ON WEBSITE</p>	<p>DECEMBER 2024</p> <p>Membership Options</p> <p>INTRO - \$59/month STUDENT - \$70/month FITNESS - \$99/month ALL-ACCESS - \$120/month</p> <p>ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS</p>	<p>INSTRUCTOR KEY</p> <p>AC Adrian Contreras AV Amy V BC Brenda Carlson DS David Saylor EV Enrique Villarreal EZ Eric Zimmer HM Haley Miller HW Haley Wayt JM Jana Marie JH Janet Hewitt</p> <p>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</p> <p>* Indicates Instructor Approval REQUIRED</p>	<p>DROP-IN CLASS RATES</p> <p>Fitness Classes \$20/Class Dance Classes \$20 - \$25/Class Practice Passes available \$6 - \$11/HR</p> <p> = Fitness Class = Dance Class = Strength Class = Cardio Class</p> <p>SOCIALS</p> <p>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</p>	<p>SEE INFO ON NYE PARTY </p>
Class & event details at www.shawngardnerdancing.com on ZEN PLANNER or by calling: 503.624.6565						
LAST UPDATED 11-21-24						