



April 2019

"Come to dance, leave inspired!"

Adult Evening Group Classes

Group Classes Progressive Series

(For the best experience, start at the beginning of the month)

			Instructor
Mondays: 1st - 29th	7:15 to 8:15pm	Newcomer East Coast Swing	Joy
Mondays: 1st - 29th	8:15 to 9:15pm	Beyond Beginning Swing / Foxtrot Fusion	Joy
Tuesdays: 2nd - 23rd	7 to 8pm	Newcomer West Coast Swing	Leilani
Tuesdays: 2nd - 23rd	8 to 9pm	Beyond Beginning West Coast Swing	Leilani
Tuesdays: 2nd - 30th	7 to 8pm	Newcomer Hustle	Marcus & Joy
Wednesdays: 3rd - 24th	7 to 8pm	All Levels Salsa	Jake
Thursdays: 4th - 25th	7 to 8pm	All Levels Cha Cha	Jake
Sundays: 7th, 14th & 28th	5 to 6pm	Beyond Beginning Nightclub Two Step	Ariel
Sundays: 7th, 14th & 28th	6 to 7pm	Beyond Beginning Country Two Step	Ariel

Single Day Workshops (Pre-register and save!)

Thursday - April 4th	7:30 to 9pm	Int/Adv Rumba	Leilani
Thursday - April 11th	7:30 to 9pm	Cross Step Waltz Basics	Joy & Ariel
Thursday - April 18th	7:30 to 9pm	Int/Adv West Coast Swing	Leilani
Thursday - April 25th	7:30 to 9pm	Beyond Beginning Cross Step Waltz	Joy & Ariel

Single day workshop pricing: \$25 at the door (space permitting) / \$20 pre-registered.

Group class progressive series pricing: \$12 drop-in or \$10 per class if you pay for the full month.

Pre-register online to reserve your spot in class.

Daytime Dance Program

Dance during the day at Uptown! Classes meet Monday through Wednesday and are a progressive series. For the best experience, please start at the beginning of a month.

Mondays: 12pm - Beginner Ballroom Waltz (April) & Rumba (May), 1pm - Beyond Beginning Waltz

Tuesdays: 12pm - Beyond Beginning Cha Cha, 1pm - Beyond Beg. Rumba / Bachata Fusion

Wednesdays: 12pm - Beyond Beginning Ballroom Tango, 1pm - Beyond Beginning West Coast Swing

Daytime Dance Social: April 25th from 1 to 3pm. More details on back.

Single Class - \$8 / Monthly Series - \$25 / Weekly Unlimited Pass - \$30 (daytime classes only)

No pre-registration necessary. Instructor: Joy Davina.

We accept cash or check in the studio for payment.

Social Dances

1st & 3rd Saturday Dance Parties

7:30pm: FREE Beginning Lesson
8:30 to 11pm: Social Dancing
\$8, \$6 youth or students
April 6th Lesson: Hustle
April 20th Lesson: Salsa

3rd Friday Westie Practica*

Friday, April 26th*
4th Friday this month!
9:30pm to Midnight
Mini Lesson at 10:15pm
\$5, \$3 for youth or students

Daytime Dance Social

Thursday, April 25th
1 to 3pm
Mini Lesson from 1 to 1:30pm
\$8 cash or check

Summer Showcase

Our next studio showcase will be on
July 20th, 2019 .Save the date!
It will be a fabulous evening full of
great music, fun socializing and beautiful
showcase performances that will leave
you grinning from ear to ear.

Date Night Dance

This is a group dance class designed
exclusively for couples. You must sign up
with a partner and there will be no rotation
during class. It is designed for beginners,
so no dance experience is needed to join.
It is by pre-registration only, so be sure to email
us if you would like to reserve a spot!

April 26th, 8 to 9:15pm / \$25 per couple
info@uptowndancestudio.com

ZUMBA FITNESS - A feel-happy workout that combines a motivating fusion of dance and fitness, which will leave you smiling and pumped everytime!

Class Times:

Mondays 5:30pm - Zumba
Tuesdays 5:30pm - STRONG by Zumba
Wednesday 5:30pm - Zumba
Thursday 5:30pm - STRONG by Zumba
Saturday 10am - Zumba

Cost:

\$10 drop-in, \$75 for unlimited monthly pass,
4 pass punch card for \$30 (good for a month), or
10 pass punch card for \$70 (good for 3 months).

No pre-registration necessary - just show up!

NIA - Nia is a dynamic blend of dance arts, martial arts and healing arts -
delivering an invigorating and healing cardiovascular workout.

Class Times:

Saturdays 9 to 10am
No pre-registration necessary - just show up!

Cost:

\$10 drop-in OR Class Pass: 4 classes @ \$9 - \$36,
8 classes @ \$8 - \$64, 16 classes @ \$7 - \$112

STUDIO ADDRESS:

14355 SW Pacific Highway
Tigard, OR 97224

503-740-3838 / info@uptowndancestudio.com

Want more details?

www.UptownDanceStudio.com

Feel free to contact us with any questions!
~ Leilani Nakagawa, owner.