



August 2019

"Come to dance, leave inspired!"

Adult Evening Group Classes

Single Day Workshops (Pre-register and save!)

Instructor

Monday - Aug 5th	7 to 8:30pm	Waltz Basics Bootcamp	Joy
Thursday - Aug 8th	7:30 to 9pm	Cross Step Waltz Basics	Joy & Ariel
Monday - Aug 12th	7 to 8:30pm	Beyond Beginning Waltz (V Steps & Parallel Walks)	Joy
Tuesday - Aug 13th	7:30 to 9pm	WCS Spinning & Balance Drills	Joy
Monday - Aug 19th	7 to 8:30pm	Intermediate Waltz (Twinkles & Spirals)	Joy
Thursday - Aug 22nd	7:30 to 9pm	Beyond Beginning Cross Step Waltz	Joy & Ariel
Monday - Aug 26th	7 to 8:30pm	Intermediate Waltz (Triple Twinkles & Fallaways)	Joy

Single Day Workshops: \$20 pre-registered / \$25 at the door (space permitting).
Pre-register online.

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 - Foxtrot Basics, 1pm - Beyond Beginning Foxtrot Fusion

Tuesdays: 12pm - Beyond Beginning Nighclub Two Step, 1pm - Beyond Beginning Bachata

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

Daytime Dance Social: Aug 15th from 1 to 3pm. More details on back.

Single Class - \$8 / Monthly Series - \$28/ Weekly Unlimited Pass - \$35 (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
Aug 3rd: NO DANCE
Aug 17th: Merengue

3rd Friday Westie Practica

No Practica in August.
See you on Sept 20th!

Daytime Dance Social

Thursday, Aug 15th
1 to 3pm
Mini Lesson from 1 to 1:30pm
\$8 cash or check

Winter Studio Showcase

Join us Dec 7th, 2019 for a fabulous evening full of great music, fun socializing and beautiful showcase performances that will leave you grinning from ear to ear.

7:00pm: Beg. Waltz Lesson
8:00pm: Open Social Dancing
9:15pm: Showcase Starts!
\$10 cash or check at the door.

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!

Sept 20th, 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*
Wednesday 5:30pm - Zumba*
Thursdays 5:30pm - STRONG by Zumba*
Saturday 10am - Zumba*

*No class 8/26, 8/28, 8/29, 8/31

Cost:

\$10 drop-in, \$75 for unlimited Zumba & STRONG monthly pass, \$65 for unlimited Zumba 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!

Barre - AVFit Barre Above classes blend Ballet, Pilates, Yoga and strength training to deliver results-driven workouts that are fun and dynamic and are suitable for Every-Body!

Class Times:

Saturdays 9:30am*

*No class Aug 2nd

Cost:

\$12/drop in, \$50/5 Classes, \$90/10 Classes

No pre-registration necessary - just show up!

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.