



August 2020

"Come to dance, leave inspired!"

Evening Group Classes

Progressive Series

Instructor

Mondays: 3rd - 24th	7 to 8:15pm	Date Night Dance - Nightclub Two Step (Same household couples only)	Joy
Wednesdays: 5th - 26th	6:15 to 7:15pm	Date Night Dance - Beginners Swing (Same household couples only)	Joy
Thursdays: 6th - 27th	7 to 8:00pm	Bronze Rumba - Solo movement	Jake

Single Day Workshops (Pre-register and save!)

Tuesday - Aug 11th	7 to 8:15pm	WCS - Solo Movement, Tech & Styling	Leilani
Saturday - Aug 15th	1:30 to 3pm	Dance Intention - Cause & Effect (All styles, Solo movement)	Leilani & Joy
Tuesday - Aug 18th	7 to 8:15pm	WCS - Same Household Couples	Leilani & Joy
Tuesday - Aug 25th	7 to 8:15pm	Latin Heat - Solo movement	Leilani

PLEASES NOTE: To keep safe social distancing in the studio we will be limiting the number of students in all classes, so pre-registration is **REQUIRED** for all classes. Register online at www.uptowndancestudio.com. Prices vary and are listed on our registration page for each class.

Daytime Dance Program

Dance during the day at Uptown! Classes are progressive series and all levels. While drop-in's are allowed, for the best experience, please start at the beginning of a month.

Mondays: 11am - Body & Rhythm Isolations - *No class 8/31

Tuesdays: 11am - Beginning Ballet For Adults

Thursdays: 11am - Country Line Dancing

During Phase 1 of the reopening, all daytime dance classes will be held in a solo movement format. The focus will be on exercise and enjoyment of movement common for each genre.

Cost: \$10 per class OR \$35 for a 4 week series. Instructor: Joy Davina.

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Reminder As You Register:

Your health and safety is our top priority and we will continue to employ the safety protocols recommended by the Oregon Health Authority (OHA) throughout the reopening process.

Social Dances

No social dances at this time. Once we are able to run them safely, we will let you know!

Summer Studio Showcase

Has been delayed - stay tuned
for an update soon!

Groov3 - Dance Fitness Class

Virtual Classes Happening!
Tuesday & Thursday from 6 to 7pm.
Contact Marnie & Kathy for details.

Kathy: kswhitepdx@gmail.com
Marnie: marnier63@gmail.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 to 6:30pm - Zumba*
Wednesdays 5:30pm to 6:30pm - Zumba*
Saturday 10am to 11am - Zumba*
*No class Aug 16th - 31st

Cost:

Drop in - \$10
Unlimited Class Pass - \$65
4 Class Punch Pass - \$30
(expires 1 month from purchase date)
Cash, Check, Venmo or Paypal

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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!

Temporary Cancelled

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.