



July 2020

"Come to dance, leave inspired!"

Evening Group Classes

Progressive Series

Instructor

Mondays: 6th - 27th 7 to 8:15pm Date Night Dance - Nightclub Two Step
(Same household couples only) Joy

Thursdays: 2nd - 30th 7 to 8:00pm Bronze Samaba (Solo movement) Jake

Single Day Workshops (Pre-register and save!)

Tuesday - July 7th 7 to 8pm WCS - Solo Movement, Tech & Styling Leilani

Tuesday - July 14th 7 to 8pm WCS - Same Household Couples Leilani & Joy

Saturday - July 18th 1:30 to 3pm Dancing with Emotional Intention
(Solo movement) Leilani & Joy

Tuesday - July 21st 7 to 8pm WCS - Choreo Challenge 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 meet Monday through Friday and are a progressive series. For the best experience, please start at the beginning of a month.

Mondays: 11am - Big Band Blast (Foxtrot, Swing & Softshoe)

Tuesdays: 11am - Lovely Latin (Salsa, Bachata, Merengue & Cha Cha)

Wednesdays: 11am - Country Line Dancing*

Fridays: 11am - West Coast Swing Footwork & Styling*

*No Class July 1st - 3rd

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: Donation based. Suggested donation: \$5 - \$10. 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 9:30am to 10:30am - Zumba*
*No class July 4th or 11th

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.