



October 2020

"Come to dance, leave inspired!"

Evening Group Classes

Progressive Series

Instructor

Mondays: 5th - 26th	7 to 8:30pm	Date Night Dance - Couples Only BB/Int Rumba/Bachata Fusion	Joy
Wednesdays: 7th - 28th	7:15 to 8:15pm	Date Night Dance - Couples Only Beginning Nightclub Two Step	Joy
Thursdays: 1st - 29th	7 to 8:00pm	Bronze Jive - Solo Movement	Jake

Single Day Workshops

Tuesday - Oct 6th	7 to 8:15pm	Contemporary Styling for WCS Follows - Solo Movement - All levels	Leilani
Tuesday - Oct 13th	7 to 8:15pm	Expected the Unexpected - BB/Int WCS - Couples Only	Leilani & Joy
Friday - Oct 16th	8 to 9:15pm	Date Night Dance - Couples Only - Beginners Salsa	Leilani
Tuesday - Oct 20th	7 to 8:15pm	WCS Goes Old School - Solo Movement All levels	Joy
Tuesday - Oct 27th	7 to 8:15pm	Latin Heat - Solo Movement All levels	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

Classes are progressive series, solo movement and all levels unless noted.

Mondays: 11am - Intermediate Foxtrot - Couples Only

Tuesdays: 11am - Softshoe & Lindy Swing

Thursdays: 11am - Country Line Dancing *No class 10/1

Fridays: 11am - WCS Rhythm & Isolations *No class 10/2

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

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.

Reminder As You Register:

Your health and safety is our top priority and we continue to employ the safety protocols required by the Oregon Health Authority (OHA) .

Social Dances

Uptown's VIP Social Dance

Reconnecting our souls to social dancing with a fun, safe soiree!

October 2nd from 7:30 to 9:30pm

Couples Only

Each couple has their own spot on the floor for the night

Spot or slot dances only

Bottled H2O provided

Registration is REQUIRED, spots are limited and it's first come first serve.

Register online at www.uptowndancestudio.com

Summer Studio Showcase

Has been delayed - stay tuned
for an update soon!

Shake It Fitness Classes

In-Person & Virtual Options

Tuesdays 6:30 to 7:30pm

Thursdays 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!

Temporarily On Break

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!

Temporarily On Break

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.