

Contemporary Dance and Fitness Studio Summer 2017

18 Langdon St. Montpelier, VT 05602 (802) 229-4676 www.cdandfs.com

Classes & Workshops June 5th-July 29th ages 12 and up, except where noted No Weekly Classes July 1st - 4th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5-6:15pm Ballet mixed level AC	5-5:30pm Condition/Stretch IS	5-6pm Tap Basics Workout AM	4-5pm Kids Tap June only SB	4-5pm BBoy/BGirls1-2 June 9,16,23 JH	
5-6:15pm Adult Hip Hop Workout RL	4:30-5:30pm Ballet level 2 ages 9-11 AC	5-6:15pm Ballet mixed level with optional pointe IS	5-5:30pm Condition & Stretch AM	5-6:30pm BBoy/BGirls 3-5 JH	
6:15-7:15pm Pointe Prep & Maintenance AC	5:30-7pm AfroJazz & Yoga Workout AM	6-6:30pm Condition & Stretch AM	5-6:15pm Intermediate Tap SB		9-10:15am Dance Fusion Wkt EM
6:15-7:45pm Adv Fusion & Improv (4-5) RL	5:30-7pm Modern mixed level KN	6:30-8pm Jumps Leaps & Turns IS	5:30-7pm Exploring Modern Mvmt. w/Improv & Partnering AC		
7:15-8:45 Developing Performance thru Solo Work IS June 5, 12, 19		6:30-7:30pm Jazz 1-2 AC			

WEEKLY CLASSES

DROP IN RATE:

1 hour class \$13
1 ¼ -1 ½ hour \$16
2 hour class \$20

Punch Cards:

10 punches \$50
20 punches \$95
40 punches \$180
60 punches \$255
80 punches \$320

1 hr class:2 punches
1¼-1½ hr class:3 punches
2 hr class:4 punches

SPECIAL WORKSHOPS & CLASSES

Justin Hover: BBoys/BGirls Intensive June 26-30 level 3-5 4-6pm \$75

Work intensively and prepare to perform on the library lawn before Montpelier's July 3rd Parade.

Isadora Snapp: Modern Performance Workshop June 29-30 6:15-8:15pm July 1 10-11:45am

July 3 12-2pm \$60 Perform on the Library lawn before Montpelier's July 3rd Parade.

Rosemary Leach: Motown Funk N Soul June 30 4:30-6pm Free to July 3rd participants.

Help lead the Soul Train at Montpelier's July 3rd Celebration, after the Parade, at the Statehouse

Laurel Jenkins (Tentindo): Kinesthetic Costumes Workshop Aug. 6th

Phantom Theater Performance Project August 7-12 details at CDFS

Millie Heckler House/Floorwork/Freestyle Intermediate/Advanced

Tuesday July 18th 7-9pm & Wednesday July 19th 7:30-9:30pm

FACULTY

AM Allison Mann
IS Isadora Snapp
SB Sue Booth
AC Amia Cervantes
JH Justin Hover
RL Rose Leach
KN Kait Nascimento
EM Emma Manion