

# Contemporary Dance and Fitness Studio Summer 2019

18 Langdon St. Montpelier, VT 05602

(802) 229-4676 [www.cdandfs.com](http://www.cdandfs.com)

**Classes & Workshops June 3<sup>rd</sup> - July 26<sup>th</sup> ages 12 and up, No Weekly Classes July 1<sup>st</sup> - 5<sup>th</sup>**

## MONDAY

5-6pm  
**Adult Conditioning**  
AM

6:15-7:30pm  
**Jazz 1-2**  
AP

6-7:15pm  
**Hip Hop 1-2**  
OZ

7:15-8:45pm  
**Hip Hop 3-4**  
OZ

## TUESDAY

5:15-6:30pm  
**AfroJazz & Yoga**  
**Workout** AM

6:30-8pm  
**Modern mixed level**  
KN

## WEDNESDAY

5-6:15pm  
**Beginning Tap**  
SB June only

5-6:30pm  
**Ballet level 1-2**  
includes W/S Ballet  
Level 3  
IS

5:15-6:15  
**Yoga**  
AM

6:30-8pm  
with optional pointe  
**Ballet level 3-4**

## THURSDAY

5-6pm  
**Pointe Prep & Maintenance**  
June only IS

6:15-7:45pm  
**Jumps Leaps & Turns** IS

## REMINDER:

No Classes  
July 1<sup>st</sup> thru 5<sup>th</sup>

If you are coming to the studio for the first time, please call to confirm that the class is running:  
(802) 229-4676

### FACULTY

AM Allison Mann  
AP Abby Pepin  
IS Isadora Snapp  
SB Sue Booth  
KN Kait Nascimento  
OZ Olivia Zoecklein

### SPECIAL MODERN WORKSHOP

Intermed. and up with Isadora Snapp

June 13 8-9pm June 14 Fri 4-7pm

June 18 & 25 Tue 7:30-9pm

punch card w/possible added rehearsal

Explore floor movement, inversions, classic technique and complex combinations as we develop a piece to perform at Traces in Burlington and at Phantom Theater's New Works performances. The June 15th Traces performances will be an improvisational score.

### AUGUST at CD&FS

**Teen Jazz Audition Prep Workshops** with Amia Cervantes

August 26, 28, 30 5-7pm

Teens entering 9th thru 12th grade prepare to audition for Teen Jazz.

**Technique Wake Up!** with Isadora Snapp

August 27 & 29 5-7pm

For teens and adults preparing for the fall dance session.

**Dance Wear Try-on and Order** August 26 & 28 3-6pm

Leotards, tights, leggings and jazz, tap, and ballet shoes. Order placed August 30th.