

# **\$5 DAYTIME CLASSES**

**\$4 for MSAC members. Register at CD&FS.**

Winter/Spring 2020 starts Mon Jan 6<sup>th</sup>

all classes with Allison Mann

start anytime drop-in no experience needed

**\*YOGA Mon I Wed II Fri III 12:05-1pm**

Work slowly and deeply to gain flexibility, strength, muscular balance, and alignment.

**TAP Exercise Tue 11am-12noon**

Tap basics and combinations, lots of repetition.

A fun workout and thorough stretch

**DANCE & Stretch Mon & Wed 11-11:55**

Easy to follow Jazz & Caribbean moves. Great music. Thorough stretch. A joy!

**CONDITIONING Tue 12-1 Fri 11am-12**

Squats & lunges w/weights; floorwork for focused ab/butt/thighs; deep stretch

\* see yoga level descriptions on our website

**Contemporary Dance & Fitness Studio**

*18 Langdon St. Montpelier, VT 05602*

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