

# Contemporary Dance and Fitness Studio

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## SUMMER 2021 CLASS DESCRIPTIONS All classes taught by Isadora Snapp

**Advanced Ballet:** This class is for students who are ready for increasingly challenging combinations while adding musicality, choreography, and artistry to their ballet technique. We start every class with a warmup, continue through a short barre, and spend most of our time dancing in the center and across the floor.

**Intermediate/Advanced Pointe:** This pointe class is for dancers who have completed a minimum of 2 years on pointe. Class will begin with pointe exercises at barre, transition to center and traveling exercises, and finish by learning excerpts from classical variations. It is recommended but not required that you take Advanced Ballet prior to the pointe class.

**Intermediate Ballet:** This class is for the dancer who wants to solidify and expand their classical technique. Moving beyond Beginning Ballet steps, more complicated barre combinations are introduced, some at a very fast pace, with attention to quick weight transfers and advanced core use. Center-work combinations will focus on balance, directional changes, weight shifts, and building longer combinations. May be taken en pointe with teacher's permission.

**Conditioning:** For any active person, athlete, or dancer. This class focuses on core work, flexibility, strength, and alignment by using techniques from ballet, pilates, floor barre, and yoga. Its aim is to help dancers & athletes reduce injuries with proper alignment and to find their center so they can be more powerful and balanced in any sport they pursue.

**Ballet Feet:** Designed for pre-pointe and pointe dancers but open to all ballet students, this class focuses on feet and ankle exercises to increase strength, flexibility, alignment, and articulation.

**Beginner Pointe:** For dancers who are entering Pointe 1 or have completed Pointe 1. May be taken on flat or en pointe.

**Contemporary Jazz Choreography:** Learn a new contemporary jazz phrase every week. Music requests taken in advance.

**Open Level Modern:** This modern class will incorporate many of the foundations of modern dance technique. This will include floor work, suspension and release, fall and recovery, the use of momentum, and connecting breath with movement. Some dance experience required.

**Intermediate Jazz:** This jazz class will be based off of the Free Style Jazz Dance Technique by Matt Mattox. Full body warm-up, conditioning, isolations, and fun across the floor combinations to get you moving.

Private and semi-private (up to 3 dancers) lessons available. Email Isadora for more information.

## SUMMER DRESS CODE

**Ballet:** Leotard and tights/leggings/shorts. Hair in a bun. No jewelry.

**Modern, Jazz, Conditioning:** Dance appropriate clothing that does not distract you from class. Hair pulled back from the face. No jewelry.