

Contemporary Dance and Fitness Studio Summer 2018

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

Classes & Workshops June 4th-July 28th ages 12 and up, except where noted No Weekly Classes July 2nd - 5th

MONDAY

11am-12noon

****Yoga AM**

5-6:30pm

with optional pointe
Ballet mixed level
IS

5-6pm

**Adult Hip Hop
Workout RL**

6:30-8

**Advanced Fusion &
Improv**
RL

TUESDAY

5-5:45pm

Ballet Conditioning

5:45-6:30pm

**Pointe Prep &
Maintenance**
AC

Drop In or \$70 Tuition for
7 weeks both classes

5:15-6:45pm

**AfroJazz & Yoga
Workout AM**

6:30-8pm

Modern mixed level
KN

WEDNESDAY

5-6:15pm

**Adult Ballet Barre
& Condition**
AC

6:15-7:30pm

Jazz 1-2 AC

6:15-6:45pm

Condition & Stretch
IS

6:45-8:15pm

**Jumps Leaps &
Turns IS**

THURSDAY

5-6:15pm

Intermediate Tap
SB

5-6:30pm

BBoy/BGirls 3-5

6:15-7:30pm

Dance Fusion Wkt
EM

FRIDAY

10-11:30am

****Yoga/Dance AM**

** no class week of
July 16th

Reminder:

No Classes
July 2nd thru 5th

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

SPECIAL WORKSHOPS & CLASSES

BBoys/BGirls Advanced Immersion June 25-28 level 3-5 6:30-8pm \$50 with Rosemary Leach
Work intensively and prepare to perform on the library lawn before Montpelier's July 3rd Parade.

Rosemary Leach: Motown Soul Train July 2 5-6:30pm Free to July 3rd participants.
Help lead the Soul Train at Montpelier's July 3rd Celebration, after the Parade, at the Statehouse

Isadora Snapp: Modern Performance Workshop Tue 6/26 & Thu 6/28 6:30-8:15pm; Sat 6/30 10-12noon; Tue
7/3 12-2pm punch card or \$65 Perform on Library lawn before Montpelier's July 3rd Parade & optional
performance at Phantom Theater's *New Works* show July 6th & 7th

FACULTY

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