

Contemporary Dance and Fitness Studio Summer 2019

18 Langdon St. Montpelier, VT 05602

(802) 229-4676 www.cdandfs.com

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

MONDAY

5-6pm
Adult Conditioning
AM

6:15-7:30pm
Jazz 1-2
TBA

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 1st 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

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 14 Fri 4-7pm

June 18 & 25 Tue 7:30-9pm

\$60 or 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, on the Kellogg-Hubbard Library lawn before the parade on July 3rd in Montpelier, 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.