

# THE MOVEMENT ARTS WORKSHOP 2025

THURSDAY 8/7	FRIDAY 8/8	SATURDAY 8/9
10:00-11:00 <b>Morning Alignment*</b> <i>[Muscle Memory Training for Ballet]</i> Okie	10:00-11:00 <b>Morning Alignment*</b> <i>[Fluid Alignment]</i> Okie	10:00-11:00 <b>Morning Alignment*</b> <i>[Posture and Mobility Training]</i> Okie
11:15-12:15 <b>Ballet Technique*</b> Okie	11:15-12:15 <b>Ballet Technique**</b> Okie	11:05-12:20 <b>Ballet Technique***</b> Okie
LUNCH BREAK	LUNCH BREAK	LUNCH BREAK
1:15-2:15 <b>Modern**</b> Umpenhour	1:15-2:15 <b>Vintage Jazz*</b> Okie	1:15-2:15 <b>HipHop*</b> Casanova
2:30-3:30 <b>Musical Theater Dance*</b> Casanova	2:30-3:30 <b>Contemporary*</b> Casanova	2:30-3:30 <b>Dance Around the World*</b> Okie
3:45-4:45 <b>Restorative/Stretching*</b> <i>[Flexibility Training]</i> Okie	3:45-4:45 <b>Restorative/Stretching*</b> <i>[Stretch &amp; Relax]</i> Okie	3:45-4:45 <b>Restorative/Stretching*</b> <i>[Myofascial Release]</i> Okie

\*All ages and experience levels are welcome!

\*\*Some prior dance experience is encouraged

\*\*\*Geared towards experienced dancers (contact the studio if you have any questions)

<b>FEES</b> \$20 per class per family for 1-4 classes \$15 per class per family for 5-8 classes \$130 per family for unlimited classes  <b>Morning Alignment class</b> is complimentary if also attending the subsequent Ballet Technique class.  <b>Restorative/Stretching class</b> is complimentary if also attending another class that day.	<b>ATTIRE</b> Any modest comfortable clothing that is easy to move in.  <u>Shoe Requirements:</u> Morning Alignment – socks Ballet – ballet shoes or socks  HipHop – sneakers Vintage Jazz – shoes with minimal tread (slippery is good!) All other classes - bare feet or socks
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