

February**MONDAYS**

6:45-7:30 am **Silent Meditation Sessions** non-taught

9:30-10:30am **Awareness Through Movement: Feldenkrais inspired mat class**, bring a mat, \$15/drop in, \$72/6 classes

3:30-4:30pm **Sopris Soarers: Youth Beginner Aerial Silks**, ages 5-8 | \$18/class

4-4:45pm **Crystal River Ballet: Pre Ballet**, ages 4.5-5 | \$65 month

4:30-5:30pm **Sopris Soarers: Youth Aerials Silks (transitions & exploration)**, ages 7-10 | \$18/class

5:30-6:30pm **Sopris Soarers: Youth Advanced Aerials Silks (transitions & drops)**, ages 12+ | \$18/class

5-6pm **Crystal River Ballet: Intro to Ballet**, ages 5.5-7 | \$70/month

6-7:30pm **Crystal River Ballet: Beginning Ballet & Stretch**, ages 11+ w/ 2 yrs experience | all adults welcome | \$75/month

7:30-9:30pm **Country Couples Dance Class & Practice Session**, \$10 per person

TUESDAYS

7:30-8:30am **Barre Fitness**, \$15/class or \$120/10 class, bring a yoga mat, water, & a face towel

8:30-9:30am **Sopris Soarers: Aerial Yoga** | \$18/class

WEDNESDAYS

6:45-7:30am **Silent Meditation Sessions**, non-taught

8:30-9:30am **Sopris Soarers: Aerial Yoga** | \$18/class

9-10:30am **Himalayan Yogini: Hatha Inspired Yoga**, bring a mat, \$16/drop in, \$75/5 classes, \$98/7 classes

3:30-4:30pm **Sopris Soarers: Advanced Youth Aerials Silks**, ages 12+ | \$18/class

5-6pm **Crystal River Ballet: Contemporary Dance I**, ages 7+ | adults welcome | \$70/month

6-7:15pm **Crystal River Ballet: Contemporary Dance II**, ages 11+ w/ 2 yrs experience | adults welcome | \$75/month

THURSDAYS

7:30-8:30am **Barre Fitness**, \$15/class or \$120/10 class, bring a yoga mat, water, & a face towel

2-4pm **Sopris Soarers Open Gym**

4-4:45pm **Crystal River Ballet: Creative Dance**, ages 3-4 | \$65/month

4-5pm **Sopris Soarers: Youth Beginner Aerial Silks**, 5-8 | \$18/class

5-6pm **Crystal River Ballet: Ballet 1 & 2**, ages 7+ | \$70/month

6-7:30pm **Crystal River Ballet: Intermediate Ballet**, ages 11+ w/ 2yrs experience | adults welcome | \$75/month

7:30-9:30pm **Mezcla Social: practice sessions for salsa, merengue, etc**, experience necessary | \$2 donation

FRIDAYS

6:45-7:30am **Silent Meditation Sessions**, non-taught

12-1pm, **Aroma Pilates: pilates and aromatherapy** class, \$50/5 and the first class is \$5

SATURDAYS

9:45-10:30am **Crystal River Ballet: Pre Ballet**, ages 4.5-5 | \$65 month

10:30am-12pm **Crystal River Ballet: Ballet 3-4**, ages 11+ w/ 2 yrs experience | \$75/month

SUNDAYS

4-5:30pm **Open CoMotion Company Class**, semi professional training in modern dance | \$10

5-7pm **Private Classical Guitar Lessons**, \$60/hr | by appointment only

SPECIAL EVENTS

February 3, 6-8pm **First Friday At The Launchpad: Silent Film Serenade & Valley Visual Art Show**, free

February 4, 3-4:30pm **All Levels Workshop with Dance Initiative Artist In Residence: Christiana Axelsen**, \$15

February 4, 5pm **Studio Presentation of Work In Progress by Christiana Axelsen**, free with Q&A and potluck to follow.

February 17, 6pm **Presentation of Waldorf 5th Grade Dance Project: Women & Body Image**, free

February 24, 6-8pm **Opening Reception of Incandescence: Works by Robert Burch & Erin Rigney**, free

TURN OVER FOR TEACHER CONTACT INFORMATION

THE LAUNCHPAD PARTNERS

Aroma Pilates

Marissa Lins | zengirlblogs@gmail.com

Awareness Through Movement

Jessi Hastings | (970)946-8968 | jessidh27@gmail.com

Barre Fitness

Megan Janssen | (415)200-7008 | janssen.megan@gmail.com

Capoeira Angola:

Amanda Trakas & Michael Lintner | AngolaRFV@gmail.com

Classical Guitar Lessons:

James Katzenberger | (970) 510-5015 | music@jameskatzenberger.com | jameskatsenberger.com

Country Couples Dance:

Bill McCann, (970)366-6463 | billypat4@gmail.com

Crystal River Ballet:

Jeni Ptacek, (970) 987-4880 | msjeni@crystalriverballet.com | www.crystalriverballet.com

Adult DanceLAB

Deborah Colley, (970)379-0376 | debcolley@gmail.com | www.dancelabcarbondale.com

Youth DanceLAB

Rochelle Norwood, (530) 919-1385 | rochellenorwood@hotmail.com | www.dancelabcarbondale.com

Himalayan Yogini: Hatha Yoga

Devika Gurung, (970)963-2054 | www.himalayanyogini.com

Integrated Movement | Aspen Dance Connection

Fran Page | (970)927-0641 | aspdance@comcast.net

Mezcla Social

Claudia Pawl | (970) 963-8425

Roaring Fork Nia

Steve Alldredge | (970)319-5738 | stevealldredge@gmail.com

Silent Meditation:

Russ & Linda Criswell | rcriswell@hotmail.com

Sopris Soarers: Aerial Silk Instruction:

Stacy Everson | (808)346-2923 | cdaleaerialartists@gmail.com

THE LAUNCHPAD FACILITATED BY CARBONDALE ARTS & DANCE INITIATIVE

Dance Initiative

Peter Gilbert , 970 963-8681 | danceinitiative@gmail.com | danceinitiative.org

Carbondale Arts

Amy Kimberly, (970)963-1680 | amy@carbondalearts.com | carbondalearts.com