

OCTOBER

MONDAYS

6:45-7:30am **Silent Meditation Sessions** non-taught
 8-9am **IMOVETHEMATRIX 1 : Neuroplastic Functional Training Class**, \$15/class w/ 1st class free
 12-1pm **Awareness Through Movement: Feldenkrais inspired mat class**, bring a mat, \$15/drop in, \$60/5 classes
 3:30-4:30pm **Sopris Soarers: Kids Beginning Aerial Silks**, ages 6-10, \$18/class 1st month, \$15/class after
 4-4:45pm **Crystal River Ballet: Pre Ballet**, ages 4.5-6 years, \$60/month
 4:30-5:30pm **Sopris Soarers: Kids Beginning Mixed Aerial Arts**, \$18/class 1st month, \$15/class after
 5-6pm **Crystal River Ballet: Intro to Ballet**, ages 7+, \$60/month
 5:30-6:30pm **Sopris Soarers: Adult Open Gym**, non-taught practice session, \$10 suggested donation
 6-7:30pm **Crystal River Ballet: Beginning Ballet & Stretch**, ages 11+ w/ 2 yrs experience | adults welcome | \$15/drop in
 7:30-9:30pm **Country Couples Dance Class & Practice Session**, \$10 per person

TUESDAYS

6-7am, **Athletes IMOVETHEMATRIX: Neuroplastic Functional/Movement Classes**, \$15/class w/ 1st class free
 7-8am **IMOVETHEMATRIX 2: Neuroplastic Functional/Movement Classes**, \$15/class w/ 1st class free
 3-4pm **Himalayan Yogini: Yoga for Seniors**, \$16/drop in or \$75/5 classes, bring your own mat
 3:30-4:30pm **Sopris Soarers: Kids Beginning Aerial Silks**, ages 6-10, \$18/class 1st month, \$15/class after
 4:30-5:30pm **Sopris Soarers: Kids Intermediate Aerial Silks**, ages 10 +, \$18/class 1st month, \$15/class after
 6-7pm **Zumba**, \$50 for 5 punch pass
 6-8:30pm **Scattered To Centered Parent Workshop**, free for parents | *ONLY OCT. 10, 17 & 24*

WEDNESDAYS

6:45-7:30am **Silent Meditation Sessions**, non-taught
 8-9am **Sopris Soarers: Adult Aerial Yoga**, \$18/class first month, \$15/class for continuing students
 9:15-10:15am **Sopris Soarers: Advanced Adult Aerial Silks**, \$18/class first month, \$15/class for continuing students
 3:30-4:30pm **Sopris Soarers: Kids Advanced Aerial Silks**, ages 6+, \$18/class 1st month, \$15/class after
 6-7:15pm **Crystal River Ballet: Contemporary Dance**, ages 7+, \$60/month
 7:30-8:30pm **Open Fencing Sessions**, practice sessions /suggested donation, experience & equipment necessary

THURSDAYS

7-8am **IMOVETHEMATRIX 2 : Neuroplastic Functional/Movement Classes**, \$15/class w/ 1st class free
 10-11:30am **Carbondale Lactation: Mama & Baby Gathering**, \$15
 9:30-10:30am **Sopris Soarers: Mommy & Me Aerial Yoga**, \$10/parent child duo per class
 3:30-4:30am **Sopris Soarers: Beginning Youth Aerials**, ages 6+ | \$18/class 1st month, \$15/class after
 4-4:45pm **Crystal River Ballet: Creative Dance**, ages 3-4 | \$65/month
 4:30-5:30pm **Sopris Soarers: Kids Beginning Mixed Aerial Arts 2**, ages 10+, \$18/class 1st month, \$15/class after
 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
 7:30-8:30pm **Mezcla Social: practice sessions for salsa, merengue, etc**, experience necessary | \$2 donation

FRIDAYS

6:45-7:30am **Silent Meditation Sessions**, non-taught
 8-9am **IMOVETHEMATRIX 1: Neuroplastic Functional/Movement Classes**, \$15/class w/ 1st class free
 8:30-9:30am **Sopris Soarers Adult Open Gym**, non-taught practice session, \$10 suggested donation
 12-1pm **Aroma Pilates: pilates and aromatherapy class**, \$50/5 and the first class is \$5
 3:30-4:30pm **Sopris Soarers Kids Open Gym**, non-taught practice session, \$10 suggested donation
 4-5:30pm **Himalayan Yogini**, \$16/drop in or \$75/5 classes, bring your own mat

SATURDAYS

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

SUNDAYS

4-5pm, **High Fitness: choreographed interval training**, \$100/10 classes
 5-6:30pm **DI: Open CoMotion Company Class**, professional training in modern dance | \$10 | *ONLY OCT 8, 15, 22*

SPECIAL EVENTS

Oct. 6 | 6-8pm, **First Friday at The Launchpad**, live music & featured artists | free
 Oct. 7 | 5:30-10pm, **Launchpad Fundraiser: ART HEIST & SPEAKEASY**, \$35-\$110 | tickets at launchpadcarbondale.com
 Oct. 12 | 6-8pm, **Carbondale Arts Opening Reception of Line Of Totality**, free
 Oct. 28, 29 | 10am-5pm, **Dance Initiative: Creative Process & Composition Workshop** w/ Jodi Melnick, \$45

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

Breastfeeding Support: Carbondale Lactation

Meagan Shapiro, (303)775-7037 | meaganlondy@gmail.com

Country Couples Dance:

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

CoMotion Company Class

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

Crystal River Ballet:

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

High Fitness

Sharma Phillips, (801)455-9487 | trivalleytraining@gmail.com

IMOVETHEMATRIX: Neuroplastic Functional Institute

Lauryn Maloney-Feiler, (203)214-0165 | laurynmaloneyfeiler@yahoo.com

Mezcla Social

Claudia Pawl, (970) 963-8425

Himalayan Yogini

Devika Gurung, gurung804@gmail.com

Rebalanced Body | Scattered To Centered Parent Workshop

Lauren Raymond, 303.902.4323 | lauren@rebalancedbody.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

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