

## FEBRUARY

### MONDAYS

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

8-9am **IMOVETHEMATRIX 1 : Neuroplastic Functional Training Class**, \$15/class w/ 1st class free

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

6-7:30pm **Crystal River Ballet: Beginning Ballet & Stretch**, ages 11+ w/ 2 yrs experience | adults welcome | \$15/drop in

7:30-9:30pm **Partner Dance Lessons & 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

### WEDNESDAYS

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

3:30-4:30pm **Sopris Soarers: Kids Advanced Aerial Silks**, ages 6+, \$18/class 1st month, \$15/class after

4:30-5:30pm **Sopris Soarers: Kids Beginner/Intermediate Aerial Silks**, ages 6+, \$18/class 1st month, \$15/class after

6-7:15pm **Crystal River Ballet: Contemporary Dance**, ages 7+, \$60/month

### THURSDAYS

7-8am **IMOVETHEMATRIX 2 : Neuroplastic Functional/Movement Classes**, \$15/class w/ 1st class free

10-11:30am **Carbondale Lactation: Mama & Baby Gathering**, \$15

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

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

6-7:15pm, **CoMotion Company Class**, contemporary dance conditioning | \$10

7:30-8:30pm **Mezcla Social: salsa class and social dancing** | \$15 drop in /\$35 for 4 punch pass

### FRIDAYS

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

8-9am **IMOVETHEMATRIX 1: Neuroplastic Functional/Movement Classes**, \$15/class w/ 1st class free

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

### 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

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

### SPECIAL EVENTS

Feb. 2 | 6-8pm, **First Friday At The Launchpad: Viewing of Short Film “Silverline Valentine”**, free

Feb. 11 & 25 | 10am-12pm, **Embodiment Dance Lab: Improvisation Session**: moving meditation, \$8-12 suggested donation

Feb. 16 | 6-8pm, **Carbondale Arts Artist Critique Night**: \$20/non-members & free for members

TURN OVER FOR TEACHER CONTACT INFORMATION

## THE LAUNCHPAD PARTNERS

### **Aroma Pilates**

Marissa Lins | [zengirlblogs@gmail.com](mailto:zengirlblogs@gmail.com)

### **Carbondale Lactation: Breastfeeding Support**

Meagan Shapiro, (303)775-7037 | [meaganlondy@gmail.com](mailto:meaganlondy@gmail.com)

### **Classical Guitar Lessons**

James Katzenberger, (970) 510-5015 | [music@jameskatzenberger.com](mailto:music@jameskatzenberger.com) | [jameskatzenberger.com](http://jameskatzenberger.com)

### **Country Couples Dance:**

Bill McCann, (970)366-6463 | [billypat4@gmail.com](mailto:billypat4@gmail.com)

### **CoMotion Company Class**

Deborah Colley, (970)379-0376 | [debcolley@gmail.com](mailto:debcolley@gmail.com)

### **Crystal River Ballet:**

Jeni Ptacek, (970) 987-4880 | [msjeni@crystalriverballet.com](mailto:msjeni@crystalriverballet.com) | [www.crystalriverballet.com](http://www.crystalriverballet.com)

### **Embodiment Dance Lab: Improvisation Session**

Ian Oeser & Katherine Dessert, [embodiementdancelab@gmail.com](mailto:embodiementdancelab@gmail.com)

### **High Fitness**

Sharma Phillips, (801)455-9487 | [trivalleytraining@gmail.com](mailto:trivalleytraining@gmail.com)

### **Himalayan Yogini**

Devika Gurung, [gurung804@gmail.com](mailto:gurung804@gmail.com)

### **IMOVETHEMATRIX: Neuroplastic Functional Institute**

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

### **Mezcla Social**

Claudia Pawl, (970) 963-8425

### **Practice Your Potential: Ally Morrison Yoga**

Ally Morrison, [ally@allymorrisonyoga.com](mailto:ally@allymorrisonyoga.com)

### **Silent Meditation:**

Russ & Linda Criswell, [rcriswell@hotmail.com](mailto:rcriswell@hotmail.com)

### **Sopris Soarers: Aerial Silk Instruction:**

Stacy Everson, (808)346-2923 | [cdaleaerialartists@gmail.com](mailto:cdaleaerialartists@gmail.com)

## THE LAUNCHPAD FACILITATED BY CARBONDALE ARTS & DANCE INITIATIVE

### **Dance Initiative**

Peter Gilbert, 970 963-8681 | [danceinitiative@gmail.com](mailto:danceinitiative@gmail.com) | [danceinitiative.org](http://danceinitiative.org)

### **Carbondale Arts**

Amy Kimberly, (970)963-1680 | [amy@carbondalearts.com](mailto:amy@carbondalearts.com) | [carbondalearts.com](http://carbondalearts.com)