

MARCH

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

8-9:30am, **Aim True: 5 Week All Levels Yoga Series**, \$80/5 classes & \$20/drop in **BEGINS FEB. 21*

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

THURSDAYS

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

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

7:30-8:30pm **Mezcla Social: salsa class and social dancing** | \$10 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

Mar. 2 | 6:30pm, **First Friday At The Launchpad: Screening of "Colorado Artbeat" Documentary**, free

Mar. 16 | 5:30pm, **Anderson Ranch Artist In Residence Slide Presentation**, free

Mar. 30 | 6-8pm, **Carbondale Arts Opening Reception of "Word Is Bond" by Stanley Bell & Takeo Hiromitsu**, free

TURN OVER FOR TEACHER CONTACT INFORMATION

THE LAUNCHPAD PARTNERS

Aroma Pilates

Marissa Lins | zengirlblogs@gmail.com

Classical Guitar Lessons

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

Embodiment Dance Lab: Improvisation Session

Ian Oeser & Katherine Dessert, embodiementdancelab@gmail.com

High Fitness

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

Himalayan Yogini

Devika Gurung, gurung804@gmail.com

IMOVETHEMATRIX: Neuroplastic Functional Institute

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

Mezcla Social

Claudia Pawl, (970) 963-8425

Practice Your Potential: Ally Morrison Yoga

Ally Morrison, ally@allymorrisonyoga.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

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Carbondale Arts

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