

SUMMER INTENSIVE

SCHEDULE

2018

Cindy's Dance Studio

407-324-3999

JULY

S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

\$165 **Intermediate Intensive**-July 16th-20th

-One week of an introduction to conditioning with an intense stretching & strengthening, followed by fine tuning the technique needed to perform leaps, turns & various skills, Also introducing Guest choreographers each day in Contemporary, Lyrical & Jazz

~Dress code preferred formfitting attire to enhance lines of choreography (per instructors preference)

~Please BRING Water, LUNCH & Snacks each day

M,W,F 8:30am-4pm @CDS

T,TH 8am-4pm @CDS

~Early Drop off/ Late Pick up available upon request

\$165 **Advanced Intensive**-July 16th-20th

-One week of conditioning (morning TRX workout M,W,F Drop off @ Elite Fitness) (T,Th @ CDS)

~Additional Cost of \$26 for TRX INCLUDES our 3 classes with 1 Month Student membership @ Elite

After morning M,W,F workouts we will then continue to the studio for stretching & strengthening, followed by fine tuning the technique needed to perform leaps, turns & various skills,

Finishing with different Guest choreographers each day in Contemporary, Lyrical, & Jazz

~Dress code preferred formfitting attire to enhance lines of choreography (per instructors preference)

~Please BRING Water, LUNCH & Snacks each day

M,W,F 8:30am-4pm @CDS or 7am @TRX (optional+)

T,TH 8am-4pm @CDS

~Early Drop off/ Late Pick up available upon request

For more info...

www.dancewithcindy.com

407-324-3999