

# SUMMER INTENSIVE

## SCHEDULE

### 2019

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

\$175 Intermediate Intensive-July 15<sup>th</sup>-19<sup>th</sup>

M,W,F 8:30am-5pm @CDS

(or M-F 1/2 Day

T,TH 8am-5pm @CDS

til 1pm \$105)

- 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

~Early Drop off/ Late Pick up available upon request

\$175 Advanced Intensive-July 15<sup>th</sup>-19<sup>th</sup>

M,W,F 8:30am-5pm @CDS

(or 7am @TRX

T,TH 8am-5pm @CDS

optional+ \$35)

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

~Additional Cost of \$35 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

~Early Drop off/ Late Pick up available upon request

For more info...

[www.dancewithcindy.com](http://www.dancewithcindy.com)

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