

**Movement - Wellness Weekend ~ June 21-23 ~ Crested Butte**

FRIDAY FUN		SOUL-LIFTING SATURDAY		SNAZZY SUNDAY	
PUMP ROOM	TOTEM POLE PARK	PUMP ROOM	TOTEM POLE PARK	PUMP ROOM	TOTEM POLE PARK
7:15-8:00 Aerial Conditioning OPEN  8:00-8:45 Open Aerial Play		7:45-8:45 Ages 18+ Or Nutrition Talk & Smoothies <b>Jen Nolan</b>		7:30-8:45 Ages 18+ FLY (Aerial Sling) BEG/INT <b>Adge</b>	
9:00-12:00 <i>Dance Camps on-going</i>		9:00-10:15 Ages 18+ Contemporary OPEN <b>Jenny Schiff</b>		9:00-10:15 Ages 18+ Jazz Fusion OPEN <b>Jenny Schiff</b>	We encourage you to enjoy a Farmer's Walk Today
		10:30-11:30 Ages 11 + Contemporary BEG/INT <b>Jenny Schiff</b>		10:30-11:45 Ages 11+ Jazz Fusion BEG/INT <b>Jenny Schiff</b>	
12:15-1:30 Ages 12+ FLY (Aerial Sling) OPEN <b>Adge</b>		11:40-12:40 Ages 11+ Hip-Hop Happiness <b>Adge</b>			12:00-1:00 Ages 11+ ALL Journaling/ Reflection <b>Adge</b>
	1:40-2:40 Ages 11 + Nutrition Talk/ Healthy Snack (PR in case of rain) <b>Jen Nolan</b>	12:45-2:00 Ages 14+ Align Yourself (Iyengar) <b>Jen Laggis</b>		1:00-2:15 Ages 14+ Jazz Fusion INT <b>Jenny Schiff</b>	
2:45-4:00 Ages 14+ FLY (Aerial Sling) OPEN <b>Adge</b>		2:15-3:45 Ages 14+ Contemporary INT/ADV <b>Jenny Schiff</b>		2:30-4:30 <i>Company Choreo Contemp/ Jazz</i> <b>Jenny Schiff</b>	
4:15-5:15 Ages 14+ Hip-Hop Happiness INT/ADV <b>Adge</b>		4:00-5:00 Ages 14+ Schiff-ting OPEN <b>Jenny Schiff</b>			
5:30-6:45 Ages 12+ ALL Restore (Yin Yoga Nidra) <b>Kristi M</b>		5:00-7:00 <i>Dinner Hang outs</i>			
<i>Enjoy the Glorious Evening</i>		7:15-8:30 Ages 12+ ALL Calm (Nidra Meditation) <b>Carin Lockhart</b>			

