

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 Jen Nolan		7:30-8:45 Ages 18+ FLY (Aerial Sling) BEG/INT Adge	
9:00-12:00 <i>Dance Camps on-going</i>		9:00-10:15 Ages 18+ Contemporary OPEN Jenny Schiff		9:00-10:15 Ages 18+ Jazz Fusion OPEN Jenny Schiff	We encourage you to enjoy a Farmer's Walk Today
		10:30-11:30 Ages 11 + Contemporary BEG/INT Jenny Schiff		10:30-11:45 Ages 11+ Jazz Fusion BEG/INT Jenny Schiff	
12:15-1:30 Ages 12+ FLY (Aerial Sling) OPEN Adge		11:40-12:40 Ages 11+ Hip-Hop Happiness Adge			12:00-1:00 Ages 11+ ALL Journaling/ Reflection Adge
	1:40-2:40 Ages 11 + Nutrition Talk/ Healthy Snack (PR in case of rain) Jen Nolan	12:45-2:00 Ages 14+ Align Yourself (Iyengar) Jen Laggis		1:00-2:15 Ages 14+ Jazz Fusion INT Jenny Schiff	
2:45-4:00 Ages 14+ FLY (Aerial Sling) OPEN Adge		2:15-3:45 Ages 14+ Contemporary INT/ADV Jenny Schiff		2:30-4:30 <i>Company Choreo Contemp/ Jazz</i> Jenny Schiff	
4:15-5:15 Ages 14+ Hip-Hop Happiness INT/ADV Adge		4:00-5:00 Ages 14+ Schiff-ting OPEN Jenny Schiff			
5:30-6:45 Ages 12+ ALL Restore (Yin Yoga Nidra) Kristi M		5:00-7:00 <i>Dinner Hang outs</i>			
7:30-9:00 Trance Dance Ages 11+ All Kristi M Nicole B		7:15-8:30 Ages 12+ ALL Calm (Nidra Meditation) Carin Lockhart			

Friday: sling, nutrition talk, HH & Restorative

Saturday: big day

Pay rates for staff:

Jenny \$75/Schiff-ting/ \$100/class

Adge \$75/class

Carin \$40/class

Jen Laggis \$40/class

Kristi \$40/class

Jen Nolan \$40/class

Total classes: 15 (sling capped at 10 all else 25)

\$20/class

\$15 for nutrition talk & journaling

11 yrs \$60 (3 classes) +\$15

11+ Contemporary Saturday

11+ Hip Hop Happiness Saturday

11+ Jazz Fusion Sunday

Nutrition Friday/Journaling Sunday

12+ \$120 (6 classes) +\$15

12+ Fly Friday

12+ Restore Friday

11+ Contemporary Saturday

11+ Hip Hop Happiness Saturday

12+ Calm Saturday

11+ Jazz Fusion Sunday

Nutrition Friday/Journaling Sunday

14+ \$160 (8 classes) +\$15

14+ Fly Friday

14+ Hip Hop Friday

12+ Restore Friday

14+ Align Saturday

14+ Contemporary Saturday

14+ Schiff-ting Saturday

12+ Calm Saturday

14+ Jazz Fusion Sunday

Nutrition Friday/Journaling Sunday

Adult \$120 (6 classes) + \$15

12+ Restore Friday

18+ Contemporary Saturday

14+ Align Saturday

12+ Calm Saturday

18+ Fly Sunday

18+ Jazz Fusion Sunday

Nutrition Saturday/Journaling Sunday

Drop In - All Classes are \$25

Registration set up: because we can only have 10 in the aerial class Ages 12+ are set at 10 person registration. If we have lots of interest can we add an add'l Fly class?

Advertising budget (back side of rack card, poster in Gunnison, Salida, Montrose (newspaper ad?) ads in those papers, reach out to studios in locations,

branding/naming

Come up with a catchy blurb

Create a rack card or brochure

Class descriptions

Food for Jen

Snack donations (or purchase, water Montrose water?)

Action Items:

ASAP

Save the Date- Done

Need blurb and name

Access yourself

Joyful movement

Wellness in Motion

3 days of dance, yoga, nutrition, & connection to yourself through movement

Registration for Summer Dance in the Mountain/Wellness Weekend ON 5/15

Sling class only 10 students

ground/yoga 25 students

Market for all classes/age group

Company not marketed