

July & August 2025



Sound in Motion
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Workshop Series: Focused Training for Experienced Dancers

Our Workshop Series offers short, high-impact intensives that dive into select topics and specialty skills—from technique to artistry and everything in between. These sessions are designed for dancers with prior experience, including those who have trained in a Level 3 class or higher at Sound in Motion, or who are part of our Company program. Taking both sessions for the dancer's age group in each scheduled week is recommended, as the lesson plans are progressive and dancers benefit the most by participating two days in a row.

Not sure if it's the right fit? Just ask—we're happy to help!

Date	Time	Age Group	Element
Monday July 7th	5:30 - 6:30pm	Senior	Turns
Tuesday July 8th	5:30 - 6:30pm	Senior	Jumps
Wednesday July 9th	5:30 - 6:30pm	Intermediate	Turns
Thursday July 10th	5:30 - 6:30pm	Intermediate	Jumps
Thursday July 10th	4:30 - 5:30pm	Junior	Turns & Jumps
Monday July 14th	5:30 - 6:30pm	Senior	Hand balancing
Tuesday July 15th	5:30 - 6:30pm	Senior	Walkovers
Wednesday July 16th	5:30 - 6:30pm	Intermediate	Hand balancing
Thursday July 17th	5:30 - 6:30pm	Intermediate	Walkovers
Thursday July 17th	4:30 - 5:30pm	Junior	Hand balancing & walkovers
Monday July 21st	5:30 - 6:30pm	Senior	Choreography & Creation
Tuesday July 22nd	5:30 - 6:30pm	Senior	Choreography & Creation
Wednesday July 23rd	5:30 - 6:30pm	Intermediate	Choreography & Creation
Thursday July 24th	5:30 - 6:30pm	Intermediate	Choreography & Creation
Thursday July 24th	4:30 - 5:30pm	Junior	Choreography & Creation
Monday July 28th	5:30 - 6:30pm	Senior	Aerials
Tuesday July 29th	5:30 - 6:30pm	Senior	Aerials
Wednesday July 30th	5:30 - 6:30pm	Intermediate	Aerials
Thursday July 31st	5:30 - 6:30pm	Intermediate	Aerials
Thursday July 31st	4:30 - 5:30pm	Junior	Aerials
Monday August 4th		CLOSED	
Tuesday August 5th	5:30 - 6:30pm	Senior	Turns & Jumps
Wednesday August 6th	5:30 - 6:30pm	Intermediate	Turns & Jumps
Thursday August 7th	5:30 - 6:30pm	Intermediate	Turns & Jumps
Thursday August 7th	4:30 - 5:30pm	Junior	Turns & Jumps
Monday August 11th	5:30 - 6:30pm	Company	Choreography - Summer Works
Tuesday August 12th	5:30 - 6:30pm	Company	Choreography - Summer Works
Wednesday August 13th	5:30 - 6:30pm	Company	Choreography - Summer Works
Thursday August 14th	5:30 - 6:30pm	Company	Choreography - Summer Works
Friday August 15th	5:30 - 6:30pm	Company	Choreography - Summer Works
Monday August 18th	5:30 - 6:30pm	Senior	Flexibility & Conditioning
Tuesday August 19th	5:30 - 6:30pm	Senior	Flexibility & Conditioning
Wednesday August 20th	5:30 - 6:30pm	Intermediate	Flexibility & Conditioning
Thursday August 21st	5:30 - 6:30pm	Intermediate	Flexibility & Conditioning
Thursday August 21st	4:30 - 5:30pm	Junior	Flexibility & Conditioning