

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!*

| <i>Date</i> |             | <i>Time</i>   | <i>Age Group</i> | <i>Element</i>              |
|-------------|-------------|---------------|------------------|-----------------------------|
| 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  |               | <b>CLOSED</b>    |                             |
| 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  |