

## *Contemporary Technique with Audra Carabetta*

**What:** Thursday Contemporary Class

**Where:** The Dance Complex

**When:** October 4th - November

8th (no class October  
18th) 7:30 - 9:00 pm in  
Studio 3

### **Class Rates:**

Walk In Rate: \$17

Full Program: 5-week rate: \$75

Contact: [audracar@gmail.com](mailto:audracar@gmail.com)

617-957-8607



### **The Class**

*Dancers will progress through phrases that focus on efficiency, coordination and flow of movement. We will work our way from the floor to standing incorporating basic ballet, yoga, pilates and modern dance techniques, ending with a full-bodied dance phrase that allows students to build strength, endurance and simply have fun moving through space to music!*

