

# HELLO SUMMER!

SUMMER NEWSLETTER  
JUNE 2023

BARRE-A-THON

SUMMER CAMPS

DANCE SESSIONS

DROP IN CLASSES

PERSONAL TRAINING & PRIVATE DANCE



*Barre-a-Thon*  
SATURDAY JUNE 17TH, 2023

JOIN ME IN BRINGING THE COMMUNITY TOGETHER TO BENEFIT  
GIRLS ON THE RUN NEW HAMPSHIRE  
PARTICIPATE IN 1 OR 2 CLASSES, OR MAKE A DONATION IN SUPPORT

DATE  
Saturday June 17th, 2023

CLASSES  
7:30am Barre  
8:30am Ballet  
9:30am Barre

LOCATION  
Olivia Allen Dance & Fitness  
437 Portsmouth Ave, 2nd Floor  
Greenland NH 03840

DONATION  
\$20 Per class

LEARN MORE & DONATE  
<https://www.oliviaalldanceandfitness.com/barre-a-thon-2023.html>

Girls on the Run® is a 501(c)(3) nonprofit organization dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

**SOLEMATES®**  
Girls on the Run

SCAN ME

BARRE-A-THON 2023  
FOR GIRLS ON THE RUN NH!  
*TOGETHER, LET'S MAKE A DIFFERENCE!*

Join me on **June 17th** and come together as a community for barre classes and ballet – \$20 per class is donated 100% to Girls on the Run NH.

*"GOTR has fun, evidence-based programs that inspire all girls to build their confidence, kindness and decision making skills. Dynamic lessons instill valuable life skills including physical and emotional health."*

## IMPORTANT DATES

- Fri. June 16th LAST Day of Spring Sessions Classes
- Sat. June 17th Barre-a-Thon Event
- Mon. June 19th Summer Fitness and Drop in Classes Begin
- Mon. June 26th Summer Sessions and Dance Camps Begin
- July 1-4 Studio CLOSED
- Sat. August 12th Fall Open House
- Th. August 18th – Sun. 27th Studio CLOSED

good  
vibes

## HOW TO SIGN UP *Barre-a-Thon*

**Step 1**  
Donate, \$20 per class

**Step 2**  
Choose your Classes  
7:30am Barre, 8:30am Ballet, 9:30am Barre

**Step 3**  
Share with your friends!



**SOLEMATES®**  
Girls on the Run

THANK YOU FOR SUPPORTING MY  
FUNDRAISING EFFORTS!  
XOXO, MRS. OLIVIA

BARRE-A-  
THON

SUMMER  
CAMPS

DANCE  
SESSIONS

DROP IN  
CLASSES

PERSONAL  
TRAINING & PRIVATE  
DANCE

## SUMMER CAMPS!

with Olivia Allen  
Dance & Fitness

Dancing, Stories, Crafts, and FUN!

Fairy Tale Camp  
June 27-29

Princess Camp  
July 11-13

Magical Kingdom Camp  
July 25-27

Super Hero Camp  
August 8-10

### Morning Session, ages 4-6

10:30am-12:00pm

\$65/session

### Afternoon Session, ages 7-10

12:30-2:30pm

\$80/session

\*\*\*\*\*

### Fairy Tale Camp

June 27, 28, 29

### Princess Camp

July 11, 12, 13

### Magical Kingdom Camp

July 25, 26, 27

### Super Hero Camp

August 8, 9, 10

Join me for Summer Dance Camp! Dancers will love starting their day with a story, followed by dance class, a snack, a craft, and more dancing through games and activities! Dancers will also learn a short dance to share with their caregiver on the third day. Morning Sessions for ages 4-6 will have a pre-dance focus, while the afternoon session for ages 7-10 will explore both ballet and jazz dance

All dancers welcomed. No dance experience necessary. I recommend dancers wear ballet or jazz slippers. This is camp! A leotard and tights are optional. Dancers can wear clothes they can move comfortably in, and won't overheat in. Please bring a water bottle, and your own choice for snack. (This is not a peanut free facility, please let me know if your child has an allergy to any food and I will inform families.)

BARRE-A-  
THON

SUMMER  
CAMPS

DANCE  
SESSIONS

DROP IN  
CLASSES

PERSONAL  
TRAINING & PRIVATE  
DANCE



**Pre-Dance, 8 week session**

Wednesdays at 9am, beginning 6/28/23

Thursday at 3:30pm, beginning 6/29/23

\$110

**Ballet/Tap Combo, 8 week session**

Wednesdays at 4:30pm, beginning 6/28/23

\$130

**Beginning Adult Ballet, 6 week session**

Tuesdays at 5:30pm, beginning 7/11/23

\$100

*\*Dance Sessions are listed under "Courses" on GloFox*



BARRE-A-  
THON

SUMMER  
CAMPS

DANCE  
SESSIONS

DROP IN  
CLASSES

PERSONAL  
TRAINING & PRIVATE  
DANCE

### DROP IN ALL SUMMER

#### Move & Groove

Mondays at 10am

Wednesdays. at 9am

\$15 Drop in includes guardian and one child

\$5 per additional child

#### Adult Ballet, \$18

Tuesdays at 9am

#### Adult Tap, \$18

Thursdays at 6:20pm Thursdays at 5:30pm

#### Saturday Fitness Pop-Ups, \$15

Saturdays at 7:30am

6/24 Barre + Flow

7/8 Step Up!

7/15 Barre + Flow

7/29 Pump It Up!

8/12 Barre + Flow

#### Regularly Scheduled Fitness, 5:30am, \$15

Mon. Power Hour \* Tues. HIIT Cardio/Core \* Wed. Pump It Up! \* Thurs. Step Up!



BARRE-A-  
THON

SUMMER  
CAMPS

DANCE  
SESSIONS

DROP IN  
CLASSES

PERSONAL  
TRAINING & PRIVATE  
DANCE



## SPECIALIZED TRAINING SESSIONS & PRIVATE LESSONS

### PERSONAL TRAINING

Olivia will work with you one on one to create a fitness plan designed to suit your needs and help you reach your goals.

Training is offered 1-3x per week, 30 minutes to 1 hour, depending on the clients needs and availability.

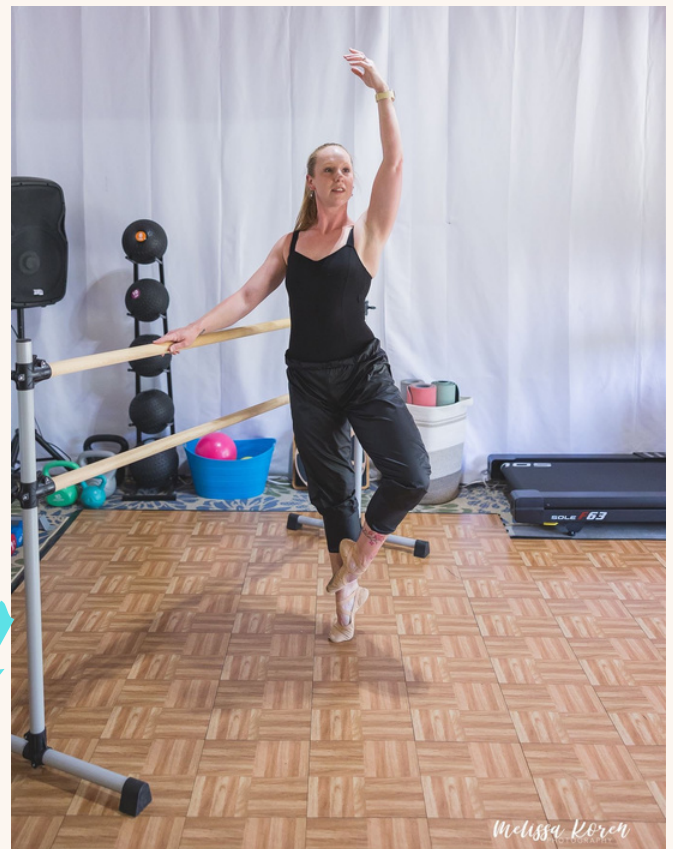
For rates contact  
[OliviaAllenDanceandFitness@gmail.com](mailto:OliviaAllenDanceandFitness@gmail.com)

### PRIVATE DANCE LESSONS

Beginner students to advanced students. Whether you're looking to learn, or fine tune your technique, or introduce a dance specific fitness regime, I can help!

Much like personal training, private dance lessons are catered to your dancers needs and goals.

For rates contact  
[OliviaAllenDanceandFitness@gmail.com](mailto:OliviaAllenDanceandFitness@gmail.com)



Have a great  
Summer!

[OLIVIAALLENANCEANDFITNESS.COM](http://OLIVIAALLENANCEANDFITNESS.COM)