

NOTE:

Price for drop-in of first class of each workshop session is \$32.

Aerial Fabric / Fabric Sling Workshops

Mon/Wed/Thurs 6-8pm

Ages: 10+ Instructors: Valerie Morris, Danielle Hendricks, Nicole Predki

Price: \$80

Using long ribbons of fabric, students will learn the climbs, keys (locks around the body), basic drops, and how to dance with the aerial fabric. Students will also work with an aerial fabric sling—an apparatus where the fabric is hung in a loop from the ceiling. We will be learning hangs, wraps and transitions within this empowering and accessible apparatus. Classes will end with conditioning designed to build the strength and flexibility needed for aerial fabric. This workshop caters to all abilities--beginner to the more advanced student.

Dates:

Session 1: 6/7, 9, 10

Session 2: 7/5, 7, 8

Session 3: 7/19, 21, 22

Low-Flying Trapeze & Hoop Workshop

Mon/Wed/Thurs 6-8pm

Ages: 10+ Instructors: Shoshi Bass, Danielle Hendricks Price: \$80

This workshop provides the most important building blocks for learning how to fly! Whether you are new to the low-flying trapeze or have already taken a class from us, you will receive individualized attention and progress at your own pace from beginner through advanced aerial vocabulary on both the low-flying trapeze and the hoop (lyra). This workshop is suitable for all body types and abilities. Increase your flexibility, balance, strength and creativity. Perfect for anyone wanting to get their feet off the ground.

Dates:

6/28, 6/30, 7/1

Aerial Sampler Workshops

Mon/Tues/Wed/Thurs 6-8pm

Ages: 10+ Instructors: Danielle Hendricks, Catherine Bedell, Nicole Predki Price: \$107

Cannot decide what apparatus is your favorite? Learn more to fly on all of them! During this workshop session, you will learn skills on low-flying trapeze, fabric, lyra (hoop), rope and other apparatus. Working with "stations" you will rotate through the various equipment. Whether you are working to develop more skills on a particular apparatus, or wanting to get a feel for different apparatus, this class is for you! All ability levels are welcome.

Dates:

Session 1. 6/21, 22, 23, 24
Session 2: 8/16, 17, 18, 19
Session 3: 8/30, 8/31, 9/1, 9/2

Aerial Fitness Boot Camps

Mon/Wed/Thurs 6-8pm

Ages: 14+ Instructors: Danielle Hendricks, Catherine Bedell, Nicole Predki Price: \$80

Feeling like your body needs a kick start to get ready for the scantily clad hot summer months? Want to get ready for all those summer hikes, climbs and swims you're planning on? Get your booty back in shape quick with Aerial Boot Camp! Using trapeze, aerial fabric, and other fun apparatus, you will work on getting those sexy ripples in your arms, start on a six pack that will make everyone drool, and develop flexibility you didn't know you had. This fun 3-day camp is perfect for beginners to professionals. If you already have that perfect summer body, take your fitness to another level by learning some high-flying party tricks that are sure to give you bragging rights at those summer poolside barbecues. No pre-requisite to join, except a desire to have fun while getting super-fit. Must be 14+ years of age.

Dates:

Session 1: 6/14, 16, 17

Session 2: 7/12, 14, 15

Session 3: 8/23, 25, 26

Low-Flying Fun- group classes for Adult and Child (4-6yrs)

Mon/Wed/Fri 10-10:50am

Ages: Adults and kids 4-6yrs Instructors: Nicole Predki Price: \$51

Let your children (and the child inside you) fly! In this class, kids and adults will be introduced to a variety of aerial apparatus including trapeze and fabric slings. We will use ground-based creative movement games for warm-up and developing coordination: from juggling scarves, streamers, parachutes and hula hoops, all in preparation of getting airborne. You will help your little ones not only have tons of fun, but build their self-esteem, coordination and spatial awareness while learning some aerial skills of your own.

Dates:

Session 1: 6/7, 9, 11

Session 2. 6/28, 6/30, 7/2

Session 3: 7/5, 7, 9

Session 4: 7/19, 21, 23

Session 5: 8/16, 18, 20

Session 6: 8/23, 25, 27

Session 7: 8/30, 9/1, 9/3

Stilt Walking

Saturdays 11am-12:30pm

Ages: 12+ Instructors: Valerie Morris Price: \$88
Class Description

Learn the basic mechanics of moving, dancing and falling on stilts! Working in teams, we will learn in a safe and empowering environment. Please bring a used pair of sneakers to be attached to the stilts that you can leave for the 4 weeks with us. If you have kneepads (similar to roller-blade ones), please bring those as well. First class will mainly involve fitting stilts to you and shoes to stilts, as well as safety basics. The remaining classes will focus on playing on the stilts.

Dates: Saturdays: 6/5, 6/12, 6/19, 6/26

Aerial Fitness Drop-in (for aerialists, hikers, climbers and anyone else looking to get fit fast)

Tuesday 9am, Tuesday 6pm, Thursday 12pm, 1 Hour

Ages: 14+ Instructors: Catherine Bedell, Nicole Predki Price: \$16 drop-in, \$60 for 4 class punch card

Get your body in first class shape with this drop-in fitness class! Using trapeze, aerial fabric, and other fun apparatus, you will increase your upper body strength, create abs of steel, and develop flexibility you didn't know you had. This drop-in fitness class is perfect for beginners to professionals and improves your performance in any sport or physical movement. No pre-requisite to join, except a desire to have fun will getting super-fit. Must be 14+ years of age. Get your 4 visit punch card at the door for \$60 and save! This is a *drop-in* class. Be on time and pay at the door with cash, check or FFP punch card.

6/1 - 7/20 Tuesdays 9am-10am

6/1 - 7/20 Tuesdays 6pm- 7pm

6/3 - 7/22 Thursdays 12pm-1pm

*NOTE: No Fitness Drop-in classes 6/15 - 6/24 & 7/12 - 7/15

8/17-8/31 Tuesdays 9am-10am

8/19-9/2 Thursdays 12pm-1pm