



TERM 2 2019 TIMETABLE

Switchfit Gym - 4/73 Montague St, Fairy Meadow

MONDAY CLASSES 29 APRIL - 1 JULY 2019

PERFORMANCE

6pm-7pm

\$120 full term / \$108 Concession

Learn clowning, improv, performance craft. A safe, fun, and at times hilarious space to explore and challenge yourself with new and developing performance skills. This class is ideal for women of all abilities.

AERIALS - BEGINNER

7pm-9pm

\$260 full term / \$230 Concession

A fun, dynamic and challenging class where you learn trapeze, aerial silks, and lyra - try them all and see what you like best. This class is for women trying aerials for the first time.

THURSDAY CLASSES 2 MAY - 3 JULY 2019

CIRCUS FIT & FLEX

11:30am - 12:30pm

\$120 full term / \$108 Concession

A gentle introduction to circus, this class will include working on core strength, flexibility, stretching, and trying out different apparatus, such as aerial silks, hoops, juggling, and simple beginner level acro balance. Perfect for women returning to exercise or mums with bubs looking for something a little different.

SATURDAY CLASSES 4 MAY - 6 JULY 2019

CIRCUS INTRO

10.00 - 11.30am

\$160 full term / \$144 Concession

Always wanted to join the circus? Now is your perfect chance! Try out aerials, hoops, juggling and even acro. This class will include building fitness, strength and flexibility. Come on, you know you want to!



HOW TO BOOK

Book online directly via www.trybooking.com/BBYHR

\$10.50 annual WOW 2019 membership for all participants.

Please contact circuswow@gmail.com for payment plans. Concession & Half Term details available through Try Booking.

Circus WOW is a membership based community group. Membership is required for ongoing classes and performance. Being a member means that you support Circus WOW and its objectives. You will become part of this great inclusive community group. Have your say, volunteer and continue to let WOW grow. UNILIFE discount applies to UNILIFE of University of Wollongong members only.

WEDNESDAY CLASSES 1 MAY - 2 JULY 2019

AERIALS - INTERMEDIATE

5:30pm-7:30pm

\$200 full term / \$180 Concession

Work on aerial form, technique and movement. This class requires you to do your own warm up from 5:30pm and is not suitable for beginners.

ACRO - BEGINNERS

7pm-9pm

\$180 full term / \$162 Concession

Play with human pyramids, partner acrobatics and balances! This class runs alongside the Advanced Acro class and is suitable for women at any level.

ACRO - ADVANCED

7pm-9pm

\$180 full term / \$162 Concession

This class runs alongside Acro Beginners.

Please note the following prerequisites apply to enrol in this class.

- You will need to enrol with your acro partner
- You must have been training regularly for at least one year prior to joining this class
- You must have a reasonable level of strength and fitness;
- Duos enrolling in the advanced class should have mastered all the basic skills and be able to perform these skills easily as a duo.
- Please see Try Booking for specific details.

ACQUIRED TASTE - CHOIR

6pm-7.30pm at Unanderra Hotel

\$100 full term / \$50 Concession

Explore the joy of sound and song, vocalisations and body percussion in a community social choir with a unique circus edge! What's that? Be part of that journey of discovery. Our aim is to have fun and enjoy singing together. No auditions required.

EARLY BIRD SPECIAL - 10%

Book your place before
22 APRIL 2019 and save
10% off your fees!

