



TERM 3 2019 CLASSES

@ Switchfit Gym 4/73 Montague St Fairy Meadow

All you need is a sense of play and adventure



MONDAYS 22/7-23/9

Aerials | Foundations

6pm-7pm

\$130 / \$117 concession

Limited places – booking secures your spot
Full term bookings take priority

For those who want to build strength to start or continue aerials. The focus will be on correct techniques for hanging and climbing to build upper body and abdominal strength, and having a grand time with your friends.

Aerials | Beginner

7pm-9pm

\$260 full term/ \$230 concession

Limited places – booking secures your spot
Full term bookings take priority

Hang about with your friends on silks, trapeze and lyra. Learn amazing tricks! Hang, swing and drop. Great for upper body and lots of fun!

WEDNESDAYS 24/7-25/9

Acquired Taste | choir

6pm-7.30pm at Unanderra Hotel

\$100 full term/ \$50 concession

A community social choir with a unique circus edge! Come and join us in vocal experimentation, percussive exploration, and the joy of connection, as we create our own renditions of our favourite songs. No audition required.

Aerials | Intermediate & Advanced

6pm-7.30pm

\$200 full term/ \$180 concession

Limited places – booking secures your spot
Full term bookings take priority

For those with some aerial experience, work further on aerial form, technique and movement with some other wonderful women. Challenge and extend yourself and your skills!

Acrobalance | General & Advanced

7pm-9pm

\$180 full term / \$162 concession

General and Advanced classes run alongside each other. Stand on your friends! Play with human pyramids, partner acrobatics and group balances. A great class for physical challenges and building strength.

For **Advanced Acro**, please book with a partner and see specific pre-requisites on Trybooking, including a reasonable level of strength and fitness, acro experience and skills.

THURSDAYS 25/7-26/9

Circus Fit & Flex

11.30am-12.30pm

\$120 full term/ \$108 concession

GET 20% DISCOUNT
WHEN BOOKING FOR
MULTIPLE CLASSES
until 29 July

Here's your perfect chance to join the circus! Try out aerials, hoops, juggling and beginner level acrobalance. This class will build fitness, core strength and flexibility. Perfect for women returning to exercise or mums with bubs.

SATURDAY EXTRAS

10am-11.30am

\$5 cash - pay as you go

Got Saturday-itis! At WOW Saturday is skill day, with multitalented trainer, Sophia! Make progress with Sophia, as she takes you through a focused workshop each week! OR work on something different! Take a peek at the focus for the week, & join in anytime! NO experience required! Group warm-up at 10am with Sophia. Followed by a skill session, full of unique tricks, as well as time to master class skills.

Hula Hooping 27/7 & 3/9

Find your flow after a stressful week, or maybe you want to refine your style? Toss, spin, catch, & get a butt, abs & thigh workout, with a mixture of new skills & focused exercises to get you over the Sunday slump.

Drops, locks and climbs 10/9 & 17/9

Want to feel a little specky? Learn unique drops, locks & climbs on tissu with Sophia. Want more practice time outside class, further focus on form?! These open classes are for you! You'll leave feeling accomplished, inspired & with a drop, trick or two under your belt.

Stilting 31/8 & 7/9

Got a roving gig, need some practice? Want to learn how? Get ready to take in the view, 'cause Circus WOW Saturday Extras are coming to you with 2 weeks of open stilt classes for any ability, baby giraffes included.

10% EARLY
BIRD SPECIAL
until 20 July

HOW TO BOOK

Book online via www.trybooking.com/BDQBS

For a **Payment Plan** please contact circuswow@gmail.com

For **Concessions & Half Term** bookings see Trybooking.

\$10.50 annual WOW 2019 membership required for all participants.

Circus WOW is a membership-based community group. Membership is required for attendance in classes and performances. Being a member means you support Circus WOW and its objectives, and you are a full part of this inclusive group. For Terms and Conditions see www.circuswow.org.au.