



@ Switchfit Gym
3/73 Montague St
Fairy Meadow

CLASSES TERM 3 2017

FOR WOMEN 18+

*All you need is a sense
of play and adventure!*

**\$10 discount for
Facebook share of this
program until 8 July -
see Trybooking (QVHP)**

Have-a-go

Mondays 6.00-7.00pm
\$50/ 10 weeks
17th July - 18th September



*Warm up together then practice what you want -
hoops, unicycle, juggling, flower sticks, poi, tight wire,
stilts... have a go, maybe try something new*

Performance

Mondays 7.00-8.30pm
17th July - 18th September
\$70/ 10 weeks



*Performance games and an opportunity for members
to develop acts together. Don't be shy - all bodies
welcome as performance includes many skills, not
just physical!*

Beginner Aerials (Mon)

Mondays 7.00-8.30pm
\$210 / 10 weeks
17th July - 18th September
Limited places



*Get a taste of aerial skills including silks, trapeze and
lyra. For beginners and those with a bit of experience.
Great for upper body!*

Tina Turnovers

Thursdays 11.30am-1pm
20th July - 21st September
\$150 / 10 weeks



**2 for 1
discount**

*Designed for all, especially those in the roaring 40's,
50's, 60's, 70's and 80's, with an emphasis on
stretching and exercise to give fitness and flexibility,
a touch of play added with hoops, poi and other
circus toys.*

Beginner Aerials (Wed)

Wednesdays 6.00-7.30pm
\$210/ 10 week term
19th July - 20th September
Limited places



*Get a taste of aerial skills including silks, trapeze and
lyra. For beginners and those with a bit of experience.
Great for upper body!*

Intermediate Aerials

Wednesdays 7.30-9pm
\$210/ 10 weeks
19th July - 20th September
Limited places



*Continue to develop aerial skills and acts! For those
who have moved beyond beginner's level.*

Acro-Balance

Wednesdays 7.00-9.00pm
\$240 / 10 weeks
19th July - 20th September



*Play with human pyramids, partner acrobatics and
balances. Work as a team, base and fly!*

Stilt Troupe

3rd Saturday/month
20th August, 16th September
9.30-11.00am
\$40 / 2 weeks



*Build up stilting skills for performance and roving,
dancing, playing, working with others.*

PAYMENT SECURES YOUR PLACE IN A CLASS

Book online [www.trybooking](http://www.trybooking.com) (code QVHP) Payment plan? Contact: circuswow@gmail.com

Classes can only run with a minimum number prepaid bookings. \$10 annual membership required.

Fulltime bookings take priority. Casual bookings open 29 July. For Terms and Conditions see www.circuswow.org (Join)