

Circus WOW Classes

Term 4 2014 - SwitchFit



Introduction to Circus (Mon 6:30-7:30pm)

\$120/10wk term - starts 13th Oct

Establish a solid grounding in circus fundamentals whilst also enhancing fitness, co-ordination, strength, and flexibility.



Adagio (Mon 7:30-9:30pm)

\$200/10wk term - starts 13th Oct

Strength and movement through acrobalance.



Beginner Aerials (Mon 7:30-9:30pm)

\$200/10wk term - starts 13th Oct

Focus on a variety of aerial basics on the trapeze, tissu and lyra.



Hoops (Wed 6:00-7:00pm)

\$120/10wk term - starts 8th Oct

Spin them on your knees, hips, waist, chest, neck and hands. Multiple hoop tricks, hand tricks, flourishes, and hoop juggling.



Intermediate Aerials (Wed 7:00-9:00pm)

\$200/10wk term - starts 8th Oct

Intermediate level aerial skills (prerequisite: two terms of aerials).

Location: SwitchFit Gym, 73 Montague St, Fairy Meadow

Bookings essential. Please see our class terms and conditions at www.circuswow.org.au. To register for a class email circuswow@gmail.com

- Circus WOW annual membership required (\$10)
- Classes for adult women only (18+). All classes subject to availability.
- Enquire about discounts for multiple classes.
- Casual classes to be prepaid, min 4 classes (priced pro rata). Subject to availability.
- www.facebook.com/circuswow