



CLASSES I TERM 1 2019

Switchfit Gym

4/73 Montague St, Fairy Meadow

**EARLY BIRD
SPECIAL - 10%**

Book your place before
31 JAN 2019 and save
10% off your fees!

MONDAY CLASSES 4 FEB - 8 APRIL 2019

HOOPS

6pm-7pm
\$130 full term

Learn to twirl your hoop around the waist, legs, arms, and feet. Juggling, passing, dance and movement. Great fun, a good starting point in WOW. Suitable for any level.



PERFORMANCE

6:15pm-7:15pm
\$120 full term

Venue: Building 13, Sports Lounge,
UOW

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 for women of all abilities.



AERIALS I BEGINNER

7pm-9pm
\$260 full term

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



WEDNESDAY CLASSES 6 FEB - 10 APRIL 2019

AERIALS I INTERMEDIATE

5:30pm-7:30pm
\$200 full term

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



ACRO I BEGINNERS

7pm-9pm
\$180 full term

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 I ADVANCED

7pm-9pm
\$180 full term

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
\$100 full term

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. No auditions required.



HOW TO BOOK

Book online directly via
www.trybooking.com/BAJPC

\$10.50 annual WOW 2019 membership for all participants.

Please contact circuswow@gmail.com for payment plans. Concession 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.

