



# TERM 4 2019 TIMETABLE

Switchfit Gym - 4/73 Montague St, Fairy Meadow

## MONDAY CLASSES

### CIRCUS STARTERS

14 OCT - 16 DEC 2019

6pm-7pm

\$10 Pay As You Go or \$90 full term

Warm ups to help develop core strength, flexibility and mobility for bodies of all shapes, sizes and levels of fitness followed by fun with and an exploration of different circus experiences including hoops, juggling, acrobalance and aerials. We'll use class feedback and experience to shape the term.

### AERIALS - BEGINNER

14 OCT - 16 DEC 2019

7pm-9pm

\$260 full term / \$230 Concession

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! **Limited places - booking secures your spot! Full term bookings take priority.**

## THURSDAY CLASSES

### CIRCUS FIT & FLEX

17 OCT - 6 NOV 2019

11:30am - 12:30pm

\$120 full term / \$108 Concession

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 CLASSES

### OPEN TRAINING - VIVA

### REHEARSALS

12 OCT - 2 NOV 2019

10.00 - 11.30am

No Fees Apply

Use the space and equipment to do for additional Viva, practice across all skills. Saturday 2/11 will include a showing so everyone can practice performing in front of an audience.

### SATURDAY EXTRAS

16 NOV - 14 DEC 2019

10.00 - 11.30am

\$5 Pay As You Go

Final programme to be announced. Tell us what you'd like! Aerial drops and tricks with Sophia? New hoop tricks? Refreshing the basics? Time on stilts? Email [circuswow@gmail.com.au](mailto:circuswow@gmail.com.au) with your requests and preferred dates.

## WEDNESDAY CLASSES

### ACQUIRED TASTE - CHOIR

16 OCT - 18 DEC 2019

6pm-7.30pm at Unanderra Hotel

\$100 full term / \$50 Concession

A community social choir, with a circus edge! Join us for vocal experimentation, the joy of connection, creating renditions of our favourite songs. No auditions.

### ACRO - GENERAL & ADVANCED

16 OCT - 18 DEC 2019

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, plus an opportunity to be part of a performance at Viva la Gong. **Please note prerequisites apply to enrol in the advanced Acro class. See TryBooking for details.**

### AERIALS - VIVA REHEARSALS

16 OCT - 6 NOV 2019

6pm-7:30pm

No Fees Apply. Booking Essential

Arrive warmed up, ready to go! Work with others to rehearse for the Viva act. Beginners wishing to perform at Viva, please come to both Monday and Wednesday classes.

### AERIALS - INTERMEDIATE & ADVANCED

13 NOV - 18 DEC 2019

6pm-7:30pm

\$180 full term / \$162 Concession

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!

## EARLY BIRD SPECIAL - 10% OFF

Book your place before  
12 OCT 2019 and save 10% off your fees!

## HOW TO BOOK

Book online directly [www.trybooking.com/BFTRO](http://www.trybooking.com/BFTRO)

\$10.50 annual WOW 2019 membership for all participants.

Please contact [circuswow@gmail.com](mailto: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.

For Terms & Conditions  
see website



Circus WOW



@circuswowillawarra



[circuswow.org.au](http://circuswow.org.au)