



TERM 4, 2021 CLASSES



Switchfit Gym 4/73 Montague St, Fairy Meadow

AERIAL CLASSES

BEGINNER/INTERMEDIATE

Mondays 11th October - 13th December (inclusive)
6:00pm - 7:30pm
\$200 Full / \$170 Concession
Trainer: Jane Davis

For those brand new to aerials, or those with some experience who want to build strength and stamina, and focus on foundational skills.

INTERMEDIATE AERIALS

Mondays 11th October - 13th December (inclusive)
7:00pm - 9:00pm
\$245 Full / \$215 Concession
Trainer: Jane Davis

This class is perfect for intermediate students, and includes skills on silks, static trapeze and Lyra.

ADVANCED AERIALS

Wednesdays 13th October - 15th December (inclusive)
6:00pm - 8:00pm
\$260 Full / \$230 Concession
Trainer: Louise Clark (Jane Davis first two weeks)

The amazing Louise Clark will teach this class in trapeze, silks and lyra. This class is aimed at those who can confidently climb the tissue, straddle over from a climb, and/or have a reasonable repertoire of skills they can perform on trapeze and Lyra.

AERIAL CONDITIONING & INJURY PREVENTION AFTER LOCKDOWN

Thursdays 14th October - 16th December (inclusive)
11:30am - 1:00pm
\$200 Full / \$170 Concession
Trainer: Ali Kimbrough

For the majority of us, it's been a few months since we've been able to climb silks, straddle our way onto a Lyra or front balance on a trapeze. Our muscles are going to need some tough and patient love to safely get back on the aerial wagon. This class focuses on building back strength and flexibility with targeted and progressive drills in the air and on the ground.

BOOK ONLINE

events.humanitix.com/circus-wow-2021-term-4-classes

\$10.50 annual WOW 2021 membership for all participants

PAYMENT PLAN REQUIRED? Select ZIP PAY at checkout
Concession details available through Humanitix

CIRCUS SKILLS

ACROBALANCE

Wednesday 27th October - 15th December (inclusive)
7:00pm - 9:00pm
\$190 Full / \$165 Concession

Otherwise known as the fine art of standing on your friend... Acrobalance is the circus art of creating partner balances and acrobatic skills with two or more people. Due to Covid-19 restrictions, we ask that people enrol in the classes with a friend who they would like to work with. Please contact us if you are interested in participating but aren't sure who to work with and we'll see if we can help you connect with someone.

HOOPS

Saturdays 16th October - 18th December (inclusive)
11:00am - 12:30pm
\$180 Full / \$162 Concession

Get your hoop on with Sarah each Saturday! We explore the technical, creative and dance elements of hooping in a fun and supportive environment. New tricks are learnt whilst finding your individual style. This class is open to everyone.

OPEN TRAINING

Saturdays 16th October - 18th December (inclusive)
from 1pm
Drop-in/Casual - \$5 cash per session (pay on the day)

Work independently or on small group skills with other WOW women. Bring cash on the day, or buy a 10 visit open training card.

ONLINE CLASSES

STRENGTH & FLEXIBILITY

Tuesdays 12th October - 14th December (inclusive)
6:00pm - 7:15pm
\$130 Full / \$110 Concession
Trainer: Sarah Fitzgerald

This class will flow through pilates, mobility and strengthening exercises to connect with our bodies and nurture those forgotten muscles back into activation. A class open and welcoming for all.

20@12

Monday - Friday 11th October - 17th December (inc.)
12:00pm - 12:20pm
FREE
Trainer: Jane Davis

20 minutes of fitness and conditioning at midday every weekday. No equipment is required although a yoga mat or similar is nice. Come as often or rarely as you like. Usually led by Jane.

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.