



# Class Descriptions

July 2020



## ONLINE CLASSES (through Zoom.us)

**Stretch & Strength:** Focusing on active flexibility, injury prevention, strengthening and lengthening. We will target a specific goal each class backs and shoulders, front splits, middle splits and more. Yoga Mat, Yoga Blocks, and Bands beneficial but not required. All levels welcome.

**Pole Conditioning:** Focusing on pole exercises designed to strengthen core moves. Home pole required. All levels welcome.

**Pole Combos:** Focusing on tying pole moves together to create small combinations. Home pole required. All levels welcome.

## IN STUDIO

**Beginner Circus:** Learning basic skills with aerial hoop, working towards inversions, stamina and strengthening. Ages 12 and up.

**Intermediate Circus:** Must be able to invert and sit on the hoop, this class focuses on combinations. Ages 12 and up.

**Beginner Pole:** Learning pole fundamentals, beginner spins, climbing and conditioning. No experience needed.

**Spin Pole Foundations:** Learning how to control your spins while working on small combinations. Must be comfortable with beginner spins. Ages 18 and up.

**Intermediate Pole Skills:** For students who are comfortable with beginner spins and holds. Must be able to climb and invert.

**Intermediate Pole Combos:** Must be comfortable with climbs and inverting, focusing on combining intermediate movements into small combinations.

**Exotica Flow:** Learn the basics of exotic dance, floor work and more. Variations will be made for all students to make the class more feasible or more challenging. Must have completed beginner pole.

**Low Flow Exotica:** Slink and glide around the pole and floor for this sultry, sassy class. Learn stable foundations for headstands, cheek stands, rolls and spins. Ages 18+

**Hand Balancing and Conditioning:** Build the strength and flexibility for hand balancing.