



AERIAL CLASSES

Kids' Classes (Silks and Hoop or Multi-Apparatus)

Suitable for children ages 6-12! Big kids and little kids may be sectioned into groups to work together as the instructor oversees them all. Play is encouraged but skills are taught in a structured manner so children can progress in their practice safely and build on skills from class to class..

Beginner - Level 2 Silks

This class is designed for first-time Silks artists or those still building a solid foundation of the practice. The instructor will instill safety guidelines while helping to build student confidence, strength, and flexibility. Skills learned will include climbs, foot locks, poses, inversions, and more.

Silks Intermediate

This class is for students who have demonstrated the necessary skills and safety measures to test out of Beginner Silks - Mixed Level. Intermediate students will learn more complex tricks, poses, and sequences, including drops, spins, and wraps while refining technique.

Beginner - Level 2 Hoop

Also called Lyra, this class is designed for first-time Hoop artists or those still building a solid foundation of the practice. The instructor will instill safety guidelines while helping to build student confidence, strength, and flexibility. Skills learned will include inversion, poses, transitions, and sequences using the hoop and span set.

Intermediate Hoop

Also called Lyra, this class is for students who have demonstrated the necessary measures to test out of Beginner - Level 2 Hoop. Intermediate students will learn more complex tricks, poses,

and sequences. There will be emphasis on building endurance, deepening flexibility and refining technique.

Teen Intermediate Hoop

This class is for ages 12 and up who are ready to move beyond kids' aerial classes and continue progressing prior to entering adult classes! This class requires a test out, or demonstration of ability, prior to enrollment for incoming students.

Aerial Rope Beginner - Intermediate

Corde lisse, aka Aerial Rope, is a vertical aerial apparatus suspended from the ceiling that is used to perform and sequence different tricks, postures, and drops. Students will see some of the techniques used strongly relate to those used in aerial silks. Previous aerial experience is a plus, but isn't necessary. Students will learn climbs and descents, grip positioning, footlocks, hip keys, inversions, and more. Rope burn is a real thing! It is suggested to be fully covered using leggings and a form-fitting tee shirt or tank top.

Multi-Apparatus, Multi-Level

A combination of Silks and Hoop will be used in this class. Students of multiple levels are free to join, starting with first-time Beginners. Instructor will provide modifications in accordance with students' abilities.

HEELS

Beginner Heels

Welcome to the world of heels - it just got a little hotter in here! This class is for first-time students or those continuing in their practice learning to use heels - an apparatus in and of themselves. Emphasis will be placed on safety in heels, strengthening the legs and ankles, and of course, dancing with and around the pole. Floorwork techniques, balance, and coordination are also emphasized. Students are encouraged to always keep knee pads with them when coming to this class. If you're looking for smooth, slinky, and sultry, this class is for you! (Bare feet are optional.)

Heelography

It's not your first rodeo. This class offers heels choreography for students who have some foundational to proficient experience dancing in heels anywhere from 6-10 inches. Heelography experiments with tempo, more dynamic spins/climbs/tricks/and floorwork, and styles (hardstyle, hypno, etc.).

POLE

Open Pole is our only class that is NOT instructor-led. Rather, an instructor will be present to spot and ensure safety as students practice their own level-appropriate tricks or choreography.

Open Pole is for members or visiting and established pole dancers, but is not suitable for first-timers due to safety concerns.

Intro to Pole

It's all in the name! This class is specifically for those experiencing their very first pole class. No experience is required for Intro or any Beginner classes. Not feeling strong? That's what we're here for! We will teach you from the ground up - literally, showing students the foundations of pole while strengthening and conditioning muscles and promoting flexibility.

Beginner Pole

No experience necessary! Start your pole journey here or in Intro to Pole. This class lays the foundation you need to continue your practice into Level 1. You will learn a variety of spins and sequences on both static and spin poles, as well as begin to prep climbing and inverting. Strength conditioning and good habits happen here!

Level 1/2 Pole

It's time to level up! This class is for students who have demonstrated the necessary skills and safety measures to test out of Beginner Pole and/or have some existing experience as a high L1, low L2 pole. Appropriate modifications will be provided by the instructor based on each student's ability. Anticipate learning new and more complex tricks, spins, transitions, and climbs. Students will start delving into body awareness, musicality, and endurance through combinations.

Level 2/3 Pole

You're in the big leagues now! This class is for students who have demonstrated the necessary skills and safety measures to test out of L1/2 Pole. At this level, students must be able to execute such moves as aerial inversions, butterflies, both leghangs, laybacks, brass monkey, and more. Students may or may not already be able to execute handsprings or ayeshas. Students will continue training body awareness, flexibility, musicality and endurance in their practice.

Multi-Level Pole, Beginner - Level 2

Whether it's your very first day or you've been at pole for awhile, this class is tailored to your needs! Our instructors will provide level-appropriate spins, tricks, and combos that challenge you without overdoing it.

MISC

Full Pole-tential

This is the Aries strength-conditioning class students love to hate! Expect to sweat and shred as former body-building championship competitor MJ Carlesi leads you through circuit-style isometric exercises using bodyweight resistance. This class is 45 minutes because that's all you'll need! Students are encouraged to bring a yoga mat and lots of water.

