



# Aerial Yoga Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
MORNING		<b>LOW FLOW CORE LEVEL 1</b> 9:30am - 10:20am	<b>HIGH FLOW LEVEL 2</b> 9:30am - 10:20am	<b>AERIAL YOGA RESTORATIVE LEVEL 1</b> 9:30am - 10:20am	<b>AERIAL YOGA FUSION LEVEL 2</b> 7:00am - 7:50am
		<b>INTRO COURSE</b> 10:30am - 12:00pm	<b>LOW FLOW CORE LEVEL 1</b> 10:30am - 11:20am		<b>AERIAL CONDITIONING LEVEL 2</b> 8:00am - 8:50am
AFTERNOON	<b>HIGH FLOW LEVEL 2</b> 5:30pm - 6:20pm	<b>HIGH FLOW LEVEL 2</b> 5:30pm - 6:20pm	<b>AERIAL CONDITIONING LEVEL 2</b> 5:30pm - 6:15pm	<b>AERIAL YOGA DANCE LEVEL 2</b> 5:30pm - 6:20pm	
	<b>INTRO COURSE</b> 6:30pm - 8:00pm	<b>LOW FLOW CORE LEVEL 1</b> 6:30pm - 7:20pm	<b>HIGH FLOW LEVEL 2</b> 6:20pm - 7:10pm	<b>AERIAL YOGA STRONG LEVEL 3</b> 6:30pm - 7:20pm	
			<b>AERIAL YOGA RESTORATIVE LEVEL 1</b> 7:15pm - 8:00pm		

**LEVEL 1**  
PRE-REQ: INTRO COURSE

**LOW FLOW CORE**  
  
**AERIAL YOGA RESTORATIVE**

**LEVEL 2**  
PRE-REQ: INTRO COURSE

**HIGH FLOW**  
**AERIAL YOGA DANCE**  
**AERIAL YOGA FUSION**  
  
**AERIAL CONDITIONING**

**LEVEL 3**  
PRE-REQ: INSTRUCTOR ADVISED

**AERIAL YOGA STRONG**

## AERIAL YOGA

# CLASS DESCRIPTIONS



### INTRO COURSE

Our Aerial Yoga Intro Course is the entry point to your aerial journey and is suitable for all skill levels. During this 3 week course, our expert instructors will guide you through the foundations of aerial yoga including all the grips, wraps, and traps you need to know to achieve your first inversion. It is here that you will feel the full benefits of a decompression session experience while finding connection to your mind and body.

### LOW FLOW CORE

Step into tranquility and strength in our Low-Flow & Core Aerial Yoga class. Immerse yourself in a gentle and grounding practice that seamlessly blends fluid movements and mindful transitions. Enhanced by core exercises, this class provides stability and a delightful challenge, all supported by the gentle embrace of the Low Hammock.

LEVEL 1



### AERIAL YOGA RESTORATIVE

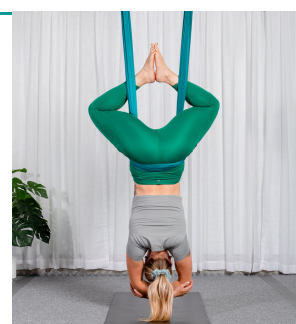
This is a gentle and therapeutic form of aerial yoga that focuses on relaxation, stress relief, and gentle stretching. We will use a low-hanging aerial hammock to support and cradle the body in various poses, promoting a sense of ease and comfort. The practice typically involves passive and nurturing postures that are held for an extended period, allowing the body to relax and release tension, bringing the body and mind back into alignment.

LEVEL 1

### HIGH FLOW

Set on a high hammock, our class begins with a thorough warm-up, incorporating joint mobility exercises and stretches. Explore dynamic aerial poses and sequences, utilizing the high hammock for expansive inversions, spins, and transitions, enhancing strength and flexibility. Enjoy fluid movements and creative transitions, expressing yourself through the freedom of movement. Leave with a sense of accomplishment, heightened body awareness, and a deep connection to the aerial practice.

LEVEL 2



### AERIAL YOGA FUSION

Join us for the perfect blend of low and high hammock within this class. Each week brings a new flavor to keep things fresh and exciting. Strengthen your core, enhance flexibility, and find mindfulness in this dynamic fusion of movement. Elevate your practice and enhance the start of your weekend with this class.

LEVEL 2

## AERIAL YOGA

# CLASS DESCRIPTIONS CONT.



### AERIAL CONDITIONING

Want to become stronger? This class uses the aid and challenge of the Aerial Yoga Hammock, booty bands, ankle weights, and pilates balls. We will focus on strength-based sequences and positions while building full-body strength.

**LEVEL 2**

### AERIAL YOGA DANCE

This is an artistic and dynamic fusion that seamlessly blends the fluidity of dance with a range of aerial yoga skills. Set to music, this class features carefully choreographed sequences that integrate aerial poses, spins, and transitions with expressive and rhythmic movements. Participants use the aerial hammock as both a prop and a partner, allowing for creative exploration and individual expression.

**LEVEL 2**



### AERIAL YOGA STRONG

Aerial Yoga Strong offers an exhilarating full-body workout that combines elements of aerial arts, strength training, acrobatics, and flexibility. This class is designed to improve overall fitness, enhance body awareness, and promote a sense of playfulness while challenging you to your full potential. Aerial Yoga Strong is an advanced practice and is available to advanced practitioners or those with translatable strength.

**LEVEL 3**

## AERIAL YOGA MEMBERSHIPS

### INTRO TO AERIAL YOGA OFFER

**\$75**

3 x 1.5Hr Intro to Aerial Yoga classes  
3 Week access to Level 1 Classes  
Access to CircSpace - Member's Room

### UNLIMITED MEMBERSHIP

**\$45** PER WEEK

Access to all classes  
Access to Members Space  
No Minimum Term  
2 Weeks notice of cancellation

### CASUAL VISIT OPTIONS

**\$40**

Single Class

**\$300**

10 x Single Class Pass

3 Month validity on all  
Casual Class purchases