



Youth Classes

Ages 5 & Up - Beginning to Advanced Levels
Learn to fly on Lyra, Silk & Loop in these 1-hour classes. Great for getting your wiggles out! See website for schedule.

Day Camp

Ages 4 & Up - All Levels
Learn skills and routines on Lyra, Silk & Loop. Bring the family for the showcase on the last day of camp!

Kids Night Out

Ages 4 & up - All Levels
Hang out with other kids, while learning and practicing aerial skills. Take a break and chow down on pizza and snacks.

Adult Classes

Beginner • Intermediate • Advanced
Whether you are an advanced athlete or looking to get in shape, we have the class for you! Make new friends while you learn to fly on loop, lyra, and silk.
Beginning students focus on basic loop skills to increase their strength and flexibility.
Intermediate students learn more complex combinations on loop to gain the coordination and upper-body strength they need to explore the possibilities of silk and lyra.
Advanced students practice new and exciting combinations on silk and lyra.
All students are encouraged to participate in bi-annual showcases.

Parties & Private Groups

Birthday • Bachelorette • School • Teams
Contact us to learn how we can create a unique and exciting experience for your event! We work with people of all ages and abilities.

Personalized Training

Are you trying out for a cheer, dance, or gymnastics team or looking to improve for competition? Work with Susie one-on-one to achieve your goals. She has over 30 years experience as a gymnastics and dance instructor and is an expert in youth fitness.

Silk • Lyra • Loop



All Abilities Welcome!

New adult students can try their 1st 2 classes for \$20

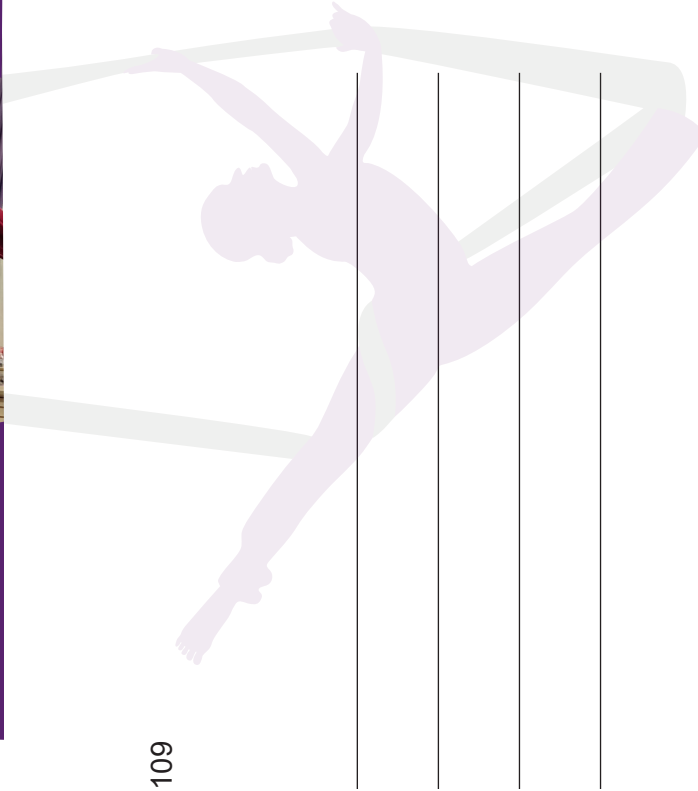
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