

Late Fall Workshops



no aerial experience or specific apparatus experience required

November

November 1 · 7:00pm · Handstands with Juli Bierwirth

November 9 · 8:00pm · Low Spin Pole Flow with Brenda

★ November 19 · 4:00pm · Body Image for Adults with Staci

★ November 19 · 5:15pm · Nutrition for Adults with Staci

December

★ December 3 · 3:00pm · How to Fall with Richard Wise

★ December 11 · 12:30pm · Nutrition for Teens with Staci

★ December 11 · 1:45pm · Body Image for Teens with Staci

December 19 · 6:00pm · Non-Stop Hip Hops (Int/Adv Rope & Fabric) with Molly

★ December 20 · 6:00pm · Creative Pole Transitions with Brenda

★ December 22 · 6:00pm · Intro to Pole with Ashley

★ December 27 · 5:00pm · Dance Trapeze Drops with Ann

December 27 · 6:15pm · Int/Adv Dance Trapeze Sequences with Ann

December 28 · 5:30pm · The Art of Emoting (Pole) with Darknight

★ December 28 · 7:00pm · Floorplay with Darknight

★ December 30 · 9:30am · Aerial Yoga with Julie

December 30 · 5:15pm · Rope Fundamentals (Beg/Int) with Molly

December 30 · 7:00pm · Slack Drag Fever (Int/Adv Rope & Fabric) with Molly

January

★ January 2 · 1:15pm · Aerial Conditioning with Molly

January 2 · 5:00pm · Intro to Duo Trapeze & Aerial Partnering with Rabun & James

January 2 · 5:30pm · Building Momentum (Int/Adv Rope & Fabrics) with Molly

January 2 · 6:45pm · Duo Trapeze Skills & Sequences with Rabun & James

Register through your Mindbody account. Check Mindbody for full class descriptions and pre-requisites! The Body Image & Nutrition workshops are a pay-what-you-can sliding scale, and the How to Fall workshop is free.