

Welcome

Welcome to the world of the aerial arts!

Aerial silks is an incredible workout. This type of exercise is a unique combination of strength, flexibility, decompression, and body awareness. There's nothing else like it; It's seriously incredible!

These classes are open to children 7+, as well as adults.

Cost / Scheduling

	30 Minutes	60 Minutes
1 Athlete	\$30	\$45
2 Athletes (Cost for Each)	\$15	\$22.50
3 Athletes (Cost for Each)	–	\$17

Call or text Coach Bailey at (435) 213-1718 to schedule lessons. If you or your child would like to group up, but you don't have a group in mind, let Bailey know! There are often other people in the same situation.

Basic Program Outline

You'll begin by learning skills on a knot tied into the silks. This helps to strengthen and develop muscle groups, without having to support full body weight on them. You'll develop strength at a safe pace to avoid strained tendons and pulled muscles!

Once the athlete has a firm grasp of knot skills, they'll begin to learn how to climb and invert (flip upside down). We'll start moving tricks higher up on the silks, then learning more advanced wraps, drops, and stunts.

Let's get going! Reach out to coach Bailey at (435) 213-1718