

## INTRO TO AERIAL DANCE



It's a wrap! Climb to new heights and learn the ethereal art of aerial fabric in this introductory experience. Team up and let a professional trainer show you the ropes, teaching you how to climb and perform basic techniques. Also known as tissu, aerial fabric involves using long strips of special silks to swing, sway, and suspend your body through the air. It's beautiful, breathtaking way to develop flexibility, upper body and core strength. Next stop, Cirque du'Soleil!

- Begin with an introduction to basic principles and movements as you explore the low trapeze and aerial fabric
- Warm-up with a series of stretches and conditioning exercises to prepare your body for aerial work
- Progress to the low static trapeze and silk at your own pace
- Discover the hypnotic delight of swinging and spiraling through the air

### Your Gift Locations\*

Miami, FL

### Availability

Year round, first Tuesday and Sunday of each month, evenings

### Duration

1.5 hours

### Essential Information

Minimum age is 12 years old; maximum weight is 200 pounds; all participants must sign a waiver (by parent/guardian if under 18); no experience necessary

### Numbers

Experience for 2 in a group of up to 10



\*GIFTS ARE REGIONALLY BASED. PLEASE VISIT [WWW.EXCITATIONS.COM/REDEEM](http://WWW.EXCITATIONS.COM/REDEEM) FOR THE LATEST LOCATION LISTINGS • ED01-09-1930-A