

PRIVATE INTRO TO AERIAL DANCE



It's a wrap! Climb to new heights and learn the ethereal art of aerial fabric with a private lesson. 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
- Practice climbing tissu and learn to perform a series of fundamental tricks
- Discover the hypnotic delight of swinging and spiraling through the air

Your Gift Locations*

Miami, FL

Availability

Year round, Sunday through Friday

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

Private experience for 1



*GIFTS ARE REGIONALLY BASED. PLEASE VISIT WWW.EXCITATIONS.COM/REDEEM FOR THE LATEST LOCATION LISTINGS • ED01-09-3347-A