

# EXHILARATE JUNIORS

TERM 2 2024 - APRIL 15TH to JUNE 30TH (11 WEEKS)

BUNGEE & FITNESS

LYRA & DANCE

POLE & ACRO

MONDAY

**EXHILARATE KIDS**  
Prep - Grade 4  
**CIRCUS - Silks & Lyra**  
4:15pm - Aimee & Jo & Kylie

TUESDAY

**EXHILARATE JUNIORS**  
Grade 2 - Age 15  
**Acro Dance**  
4:00pm - Kylie & Keerya

WEDNESDAY

**EXHILARATE JUNIORS**  
Grade 2 - Age 15  
**CIRCUS - Pole & Hammock**  
4:00pm - Kylie

**EXHILARATE PRE TEEN/TEENS**  
Grade 5 - Age 15  
**CIRCUS - Silks & Lyra**  
5:00pm - Felicity & Kylie

THURSDAY

**EXHILARATE KIDS**  
Prep - Grade 4  
**CIRCUS - Silks & Lyra**  
4:15pm - Aimee & Sharna & Kylie

COMING  
SOON

**EXHILARATE JUNIORS**  
Dance Fitness  
TBC

## CLASS DESCRIPTIONS

### MEMBERSHIP CLASSES

Commitment is per term - same class/es to be attended every week of the term

**KIDS CIRCUS**  
Silks & Lyra  
**PREP - GRADE 4**

This circuit based circus class teaches your child the aerial arts of Silks and Lyra, working on strength, grace and endurance. Juggling and Hula Hoops work on balance and co-ordination. This is a super fun and challenging class for kids.

**JUNIORS CIRCUS**  
Pole & Hammock  
**GRADE 2 - 15 YEARS**

This circuit based Pole and hammock class has kids working on how to perform spins, climbs and tricks using a pole working on strength and endurance while the hammock will have them working on poses, grace and flow.

**JUNIORS**  
Acro Dance  
**GRADE 2 - 15 YEARS**

Our brand new acro dance class will have kids working on all things acro as well as being able to perform them through dance. They will learn combos and sequences and be working on a new routine each term.

**PRE TEEN /TEEN CIRCUS**  
Silks & Lyra  
**GRADE 5 - 15 YEARS**

This class will have teens working on combinations moves using the pole helping them to build strength and endurance. The acro skills learned will be on and off the pole helping them to work on balance and mobility.

**PRE TEEN/TEEN**  
Pole & Acro  
**GRADE 5 - 15 YEARS**

This circuit based circus class has your teen learning the aerial arts of silks and Lyra working on control, grace and movement. Begin able to put them to a routine using combinations will help build strength and endurance.

### CASUAL CLASSES

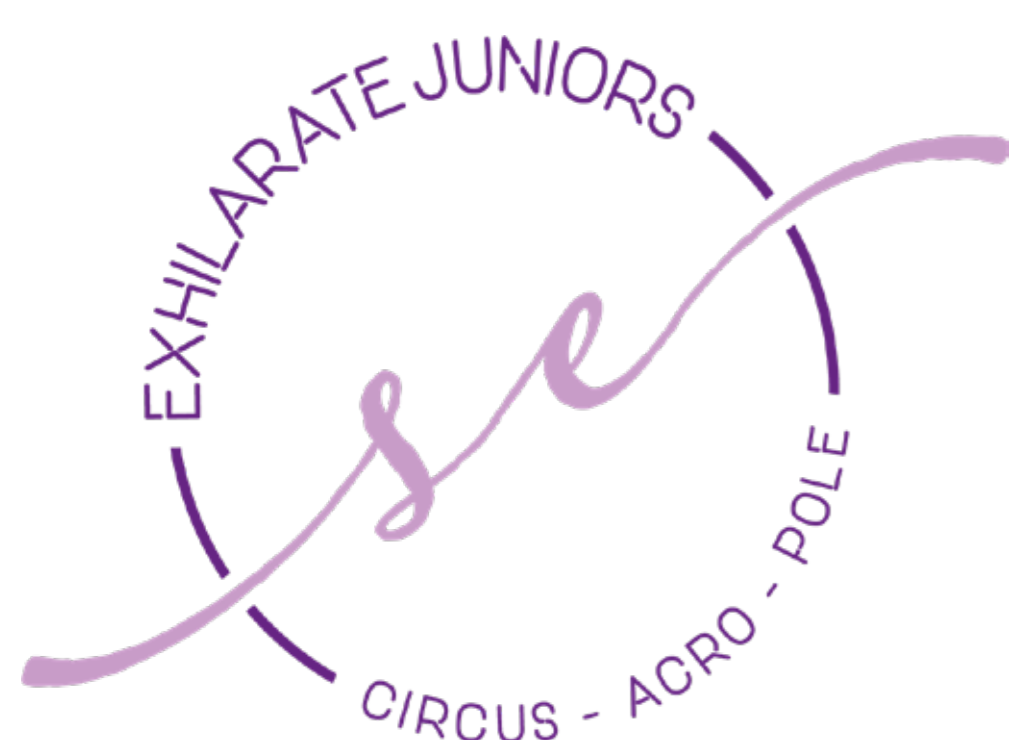
Paid for casually when booking (pay as you go) - no commitment for the term

**EXHILARATE JUNIORS**  
Bungee

**BRAND NEW** Bungee Juniors class is available casually for the kids to have some fun. A new routine is taught every 3 weeks using skills and combinations learned in the bungee. This is a super fun and relaxed class they can jump around in.

**EXHILARATE JUNIORS**  
Dance Fitness

**COMING SOON** - We're super excited to be working towards a Dance Fitness class for our Juniors! Much the same as our adults classes, Juniors will follow the instructor for a fun dance workout featuring Kid/Teen-friendly songs and movements.



### CLASS DURATIONS:

MEMBERSHIP CLASSES = 1 HOUR

CASUAL CLASSES = 45 MINUTES