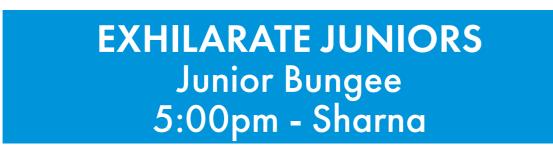
# EXHLARATEJUNIORS

## TERM 1 2024 - JANUARY 29TH to MARCH 31ST (9 WEEKS)

	BUNGEE & FITNESS	LYRAEDANCE	POLEGACRO
MONDAY		EXHILARATE JUNIORS Kids Circus - Silks & Lyra 4:15pm- Aimee/Jo	EXHILARATE JUNIORS Teen - Pole & Lyra 4:15pm- Kylie
TUESDAY		EXHILARATE JUNIORS Kids - Acro Dance 4:30pm - Kylie/Keerya	
WEDNESDAY		<b>EXHILARATE JUNIORS</b> Teens - Silks & Lyra 5:00pm - Felicity & Kylie	EXHILARATE JUNIORS Kids Circus - Pole & Hammock 4:00pm- Aimee/Kylie

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Kids Circus – Silks & Lyra
4:00pm - Aimee/Sharna/Kylie



COMING SOON

THURSDAY

#### 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

KIDS CIRCUS Pole & Hammock 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.

This circuit based Pole and hammock class ha 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.

KIDS Acro Dance	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.
TEENS Pole & Acro	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.
TEENS CIRCUS Silks & Lyra	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

#### **EXHILARATE JUNIORS** Dance Fitness

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.

COMING SOON - We're super excited to be working towards a Dance Fitness class for our Juniors! Much the same as out 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

