

EXHILARATE JUNIORS

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

BUNGEE & FITNESS

LYRA & DANCE

POLE & ACRO

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

EXHILARATE JUNIORS
Kids Circus - Pole & Hammock
4:00pm - Aimee/Kylie

EXHILARATE JUNIORS
Teens - Silks & Lyra
5:00pm - Felicity & Kylie

THURSDAY

EXHILARATE JUNIORS
Junior Bungee
5:00pm - Sharna

EXHILARATE JUNIORS
Kids Circus - Silks & Lyra
4:00pm - 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

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.

KIDS CIRCUS
Pole & Hammock

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.

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

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

