

Skill Level
Beginner to Advanced

Class Duration
2 Hours

Age
16+ years

AERIAL

H O O P & T R A P E Z E



During the class you will be learning a variety of static poses, dynamic rolls and transitions, balances, and hangs.

One of the most recognisable and popular pieces of aerial equipment, the Aerial Hoop lets you work underneath, inside and above the hoop. Learn to safely hang, balance, roll, spin and create beautiful body positions. Hoop is a great way to increase body awareness, core, and upper body strength.

Static Trapeze does not involve swinging and jumping from the trapeze. Instead participants learn to perform moves under the bar, over the bar and in the ropes to develop an impressive and graceful routine

Our more experienced students may also work on the double trapeze.

If a participant is under 18, our disclaimer must be signed by a parent or an adult of 18+.

This class is also available on a drop in basis, subject to availability.

[More Details](#)

[Book a Class](#)

THE
OAK CIRCUS
CENTRE

“Aerial hoop & trapeze is great for **upper body** and **core strength, body awareness** and **flexibility.**”

[Terms & Conditions](#)