

Aerial Fitness Classes

with Lilly Steele

Aerial work aligns mind + body: it makes you focus, center, build strength and coordinate your core-so movement laser-flows effortlessly through arms and legs. 6-week class only \$ 125

Level 1 Aerial Silks

Tuesdays 6:30pm-7:30pm

Level 2 Aerial Silks

Mondays 7pm - 8pm

Level 2 Aerial Silks

Tuesdays 5:30pm - 6:30pm

Intro to Aerial Silks

Tuesdays 7:30pm-8:30pm

Sign up now or...

Drop-ins available at \$ 25 +tax



pilates+yoga

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