



AERIAL SILK

SATURDAYS

WITH KYOKO UCHIDA

Aerial is a suspension training and an art form that you often see in shows like Cirque du Soleil. Using aerial silks in this 60 minute small group session, you'll learn fundamental aerial skills, build total body strength, and increase overall flexibility. Work with a professional to become strong and comfortable in the air even if you never thought it possible. Form fitting clothing that covers your legs and no jewelry or zippers are a must when working on the silks. No prior training needed!

STUDIOMIX.COM • 1000 VAN NESS • SAN FRANCISCO • 415.926.6790

AERIAL SILK 101

10am-11am

AERIAL SILK PROGRESSIONS

11:15am-12:15pm

\$40 PER CLASS | \$30 FOR MEMBERS

*rsvp at studiomix.com under "find a class"
class held in the Climb Studio, space limited to 6*

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