



91 North 1st St, Brooklyn

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917-415-7544

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THETRAPEZELOFT.COM

FOR MORE

INFORMATION

GROUP CLASS MADNESS

at the
Trapeze Loft

SUNDAYS •••••

Dance Trapeze w/ Tiffany Holder 1:00 - 2:00pm

Dance Trapeze is a type of single-point trapeze that focuses on artistic and creative movement in the ropes, on the bar, below the bar, and even interacting with the floor. This class can meet you at your skill level, helping to learn new skills, improve form and strength, and develop your own aerial style.

\$25 per class. To register, email: tiffh@mindspring.com

Beginner Silk w/ Luminosity's Laura Witwer 2:15 & 3:15pm

Taught by silk artist extraordinaire Laura Witwer, this silk class includes intense conditioning on the silks, drops and choreography. \$25 per class.

To register, email: LEWitwer@aol.com

MONDAYS •••••

Suzanne's Convivial Conditioning 7:00 - 8:00pm

Specific for aerialists of any discipline: we stretch, bend, climb, sit-up, and swing. Cheering and cursing is encouraged in between deep breaths.

All levels welcome. \$25 per class.

To register, email: suzanneisthegreatest@hotmail.com

WEDNESDAYS •••••

Suzanne's Grupo Nuevo! 8:00 - 9:00pm

Foundation I Trapeze: Working through the basics on and under the bar. Familiarizing ourselves with aerial language and movement and the foundations of static trapeze technique. Warm-up, beginner tricks, and some stretching bookended by a conditioning regimen. Safety, proper form, gracefully building strength and endurance are our goals. A great supportive group class environment which can also be used to augment private training. \$31 per class.

To register, email: suzanneisthegreatest@hotmail.com

Suzanne's Groupa Guapa! 9:00 - 10:30pm

Foundation II Trapeze for handsome aerialists; this is the next step up from Grupo Nuevo, and also caters to individual goals in a group environment.

\$25 per class. To register, email: suzanneisthegreatest@hotmail.com

more info: www.TheTrapezeLoft.com