

Pre-Class checklist:

- Spill-proof water bottle (no-glass).
- Remove jewelry (small stud earrings ok for non-aerial programs).
- Hair secured up (away from face & neck).
- Nut-free snack (if packing food).

Dress for success:

- Hardware-free (no buttons, snaps, zippers, etc.).
 - Movement-friendly (soft, stretchy).
 - Well-fitted (tight enough to avoid wardrobe malfunctions).
 - Ready to be barefoot for class.
 - No bare midriff.
 - Leotard recommended.
 - Layers recommended.
-
- AERIAL SILKS** Additional requirements for Silks and Swing & Soar:
Leggings & sleeved top, no earrings/jewelry, socks permitted.

We look forward to seeing you. Bring your biggest smile!