



# KINETICA NEWS

## Director's Message

Welcome back to another term at Kinetica, hope everyone is keeping warm in this chilly weather.

And what's the best way to keep warm? It's by being active and what better way to be active than with one of Kinetica's many classes. We've even added some more for the new term!

## New Classes and Package Deals

For Term 4, we've introduced a number of new adult classes and a new Unlimited package deal.

The new classes are:

- Contortion Intensive
- Performance Technique
- Strength and Lines for Pole and Aerial
- Advanced Silks

Be sure to check out the [timetable here](#) for more details.

The Unlimited package is available to anyone who wants to be part of the most hardcore (and possibly craziest) group of all the Kinetica trainees.

With the Unlimited package you'll be able to attend any (or ALL!!) of the Kinetica adult classes running during the term.

For \$620 per term (or \$310 if you wanted to pay monthly) you'll be able to book into as many Kinetica classes as you like within that term.

Sound like something you'd be interested in?

Then get in contact with us to sort out your booking:

[kinetica.cdt@gmail.com](mailto:kinetica.cdt@gmail.com)

## Circus Strength Training

Strength training isn't just important for circus, it's important for day-to-day activities too. One of the most common reasons why people don't perform strength training exercises is because of a lack of time...but what if there were a way strength exercises could be incorporated into day-to-day activities?

Well here's a few innovative ideas where you can incorporate some strength exercises into your regular day:

- Waiting in line at the bank or checkout? Try doing some calf raises while you wait.
- Putting the shopping into the car? Try doing some bicep curls when you pick the bags up out of the trolley.
- Bringing the shopping inside from the car? Try doing some lunges along the way.

The strength demands for a Kinetica trainee however are far greater than what can be achieved doing day-to-day activities, which is why we have a number of strength and conditioning classes to help you get stronger for aerials.

Feel like you need a bit more of a push to achieve those strength goals for aerials? Are you looking for a strength and endurance challenge?

Try enrolling in the "Power Hour" sessions. You'll find yourself making clear progress towards your goal(s) and you'll surprise yourself with how much you're able to accomplish within a term.

You may even make some new friends to hang out with.



## Term 4 and 5 (2016) Information

### Adult Classes:

Term 4 Start: 31/JUL/2016

Term 5 Start: 25/SEP/2016

Note: All adult terms at Kinetica are 8 weeks duration. There are no breaks between terms unless otherwise specified.

### Kids Classes:

Term 3 Start: 17/JUL/2016

Term 3 End: 18/SEP/2016

Term 4 Start: 09/OCT/2016

Term 4 End: 11/DEC/2016

## Private Lessons

Are you looking to accelerate your circus development? Need to get stronger? Or more flexible? Or do you want to spend more time specialising in an apparatus? Maybe private or semi-private lessons are just what you need.

In these private sessions (max. of 4 participants) we're able to specifically cater and customise the session so that you get exactly what you want out of it.

Talk to any of our coaches or send us an email and we'll be happy to provide some of the options that we have available that will help you achieve your circus goals.

## Open Training And Practice Times

Need to spend a bit more time working on a new skill that you've learned in class to get them just right? Or do you need to build up the callouses on your favourite apparatus?

Kinetica have open training sessions available to our currently enrolled trainees (conditions apply) so you can practice at your own pace. Bookings are essential. For further information, check out the [website here](#).

## Lost Property

Please check the orange lost property bin for anything that might be yours next time you're in the training space. Any property that hasn't been collected by the end of Term 4 will be forfeited to Kinetica.

## Circus Party Planning

Interested in having a party that's a little bit different and out of the ordinary? How about a Kinetica Circus Party! Kinetica can provide a customised party plan where you can either come to us OR we can come to you! All party plans include some great games and a whole lot of fun. And this isn't just for the kids either – we can provide party packages for adults too.

## Term 2+3 Instagram Winner

Each term Kinetica will be giving away a one-on-one private session as a prize for the best Instagram picture.

To be in the running, take a photo of yourself doing something circusy in our training space, upload it to Instagram including our hashtag: **#kineticacdt** and that's it. The more you post, the more entries you get and it will then be featured on our [Facebook page Instagram feed](#).

Here's the winning entry for this term by: **kurocat21**



Congratulations! Please get in contact with us to arrange your prize.