



# KINETICA NEWS

## Director's Message

Term 2 is up and away but it's not too late to sign up. If you're looking to accelerate your progress, consider adding a conditioning or flexibility class to your circus schedule.

You'll get stronger and stretchier...faster!!

## Term 3 + 4 Dates

### Adult Classes:

Term 3 Start: 04/JUN/2017

Term 3 End: 29/JUL/2017

Term 4 Start: 30/JUL/2017

Term 4 End: 23/SEP/2017

### Kids Classes:

Term 2 Start: 23/APR/2017

Term 2 End: 25/JUN/2017

## New Power Hour Class

Another **"Power Hour"** class has been added to our timetable on **Thursday nights** so you now have the options for both a weekday and/or a weekend (Sunday) conditioning session.

If you're wondering what is this class all about, it's a circus specific conditioning class that breaks down elements of skills you're leaning in a way that specifically builds strength and endurance.

This isn't JUST for people interested in circus – these sessions are open to anyone (even if they're not interested in circus) and all skill levels are catered for.

## Kinetica at the 2017 Living Well in WA Expo

Over the WA Day long weekend Kinetica was invited to provide a performance and presentation at the 2017 Living Well in WA Expo that was held at the Perth Convention Centre.

As part of the expo, Kinetica's philosophy of how circus can keep you physically and mentally fit was shared with everyone attending. The audience was then treated to a number of circus performances.



## Beat The Winter Blues

Some of the ways to beat the winter blues as recommended by [act-belong-commit](#) is to participate in social activities or get involved in winter sports.

At Kinetica, our classes run throughout the year and they're both social and fun! You'll be getting active and working out while you're having fun and a lot of laughs. You'll even make new friends along the way.

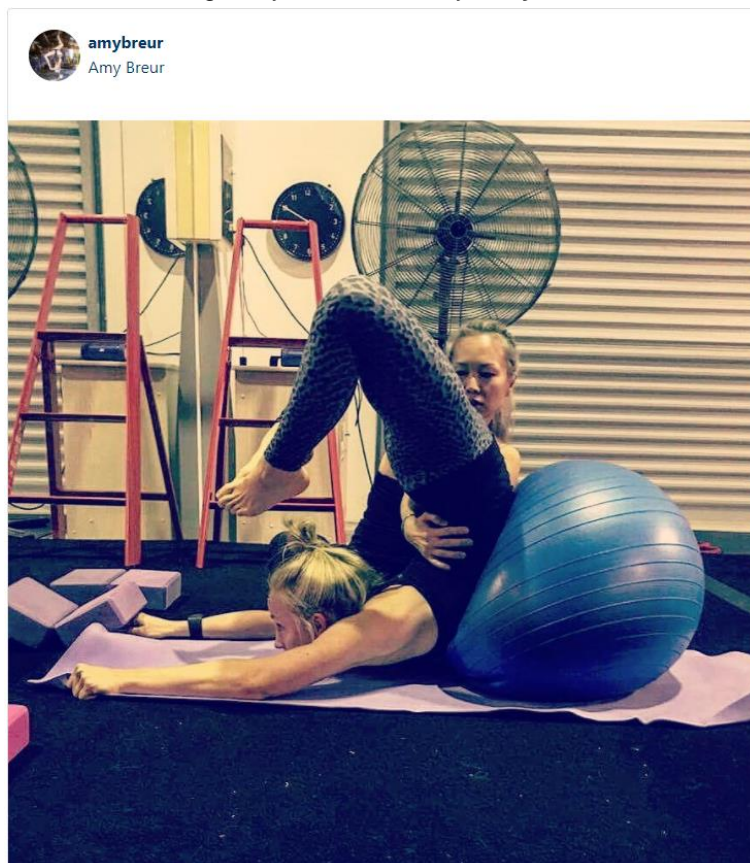
Kinetica is definitely the place where you can "turn that frown upside down" – both literally and metaphorically.

## Term 2 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: **#kineticacd** 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: **amybreur**



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