



KINETICA NEWS

Director's Message

We hope everyone is keeping warm (and active) as we head into Term 4. It's still not too late to sign up for a flexibility or conditioning class to help improve your aerial skills – and a conditioning class will definitely keep you warm.

Upcoming Term Dates

Adult Classes:

Term 5 Start: 24/SEP/2017

Term 6 Start: 19/NOW/2017
(Half term)

Save The Date

Kinetica will be celebrating its 5th birthday in October! We'll be celebrating on Saturday 14/OCT/2017 so make sure you've got that date marked in your calendar for a crazy night of circus shenanigans.

Shortcut To Progress

Having difficulty with some of the skills that you've learned in the classes? Do you want to accelerate your improvement?

Consider adding a conditioning class to get the strength you need to step up your aerial abilities.

The **Power Hour** session is definitely recommended if you want to make big improvements that you (and everyone else) will see.

Circus Strength Training

Strength training isn't just important for circus, its important for day-to-day activities too. One of the most common reasons don't perform strength training exercises is because of a lack of time. But what if there was a way you were able to build up your strength in a fun and fast way that will not only challenge you but leave you feeling amazing?

Try enrolling in the "*Power Hour*" sessions. You've see some clear progress towards your strength and endurance goal(s) and you'll surprise yourself with how much you're able to accomplish after just one term.

Term 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: **sophie_latoya25**



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