



KINETICA NEWS

Director's Message

A big thank you goes out to everyone who was part of the Kinetica family this year. To all our students who came to our classes. To their friends and families who supported them and came to see our showcases or shows throughout the year, thank you all very very much.

We'll be working hard again in 2018 to bring you more of the crazy Kinetica antics that you all love so much.

Have a wonderful and safe Kinetimas and a strong and flexible New Year

Stay Mentally Healthy Over The Holidays

The holidays can be very busy and somewhat overwhelming so be sure to make some time for yourself.

This can include something relaxing like reading or meditating or something active like going for a walk (or even doing a Kinetica workshop class!).

Keep healthy, keep hydrated and keep active over the holidays.

For more ideas to stay mentally healthy, check out the [Act-Belong-Commit website](#).

Christmas Holiday Workshops

We have a whole bunch of speciality workshop classes that will be running over the break. We have strength and conditioning classes. We have silks chorography classes. We have all the flexibility classes you could want too!!

Be sure to check out the full list on our website [here](#) and [sign up on Mind Body](#) as places are strictly limited.

1.5hr Classes:

\$35 per class (casual) or
3 x classes for \$90

1hr Classes:

\$30 per class (casual) or
3 x classes for \$75

Give yourself a much deserved Christmas present and enrol in a class for the holidays.

Term 5 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: **pb_dancer13**



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