



KINETICA NEWS

Director's Message

We hope you're all keeping warm and active in the cold weather. We know how tough it can be to get out in the cold and come to class, which is why we're doing a onesie themed week!!

It also means that everyone can have a little bit more of a sleep in too before heading to class – and who could say no to that? We're definitely looking forward to the warmer weather though!

New Classes!

Kinetica have recently added more fun classes to our timetable!

We've added a few more beginner classes for both lyra and silks and we now have an "Cocktail Aerials" class - there's no actual cocktails – but it's a fun mix of different aerial apparatuses.

Be sure to check out our new time table [on our website](#) and to book online via Mind Body

Friday Night Workshops

Don't forget about our ongoing Friday night specialty classes. Each week will have a different workshop that is open to all levels.

We have workshops on strength and conditioning, flexibility and contortion, individual apparatus and act development.

If there's a class you'd like that's not on our timetable let us know and we'll see what we can

Winter Onesie Land



Winter can be a tough time for people. It can be difficult to get out and do some exercise. It's cold and you're already in your pajamas and they're just too warm comfortable. Why would you want to get out of them and go to classes?

Well, from the 26th of August to 1st of September, Kinetica are having Winter Onesie-Land themed week where everyone can come to class in their onesie or winter pyjamas!

Gold coin donation and all money raised will be donated to Beyond Blue. For anyone who isn't a Kinetica trainee and would still would like to get involved can donate online via [this link here](#).

We'll be posting plenty of pictures of all the crazy pajama circus antics on our Facebook and Instagram accounts so be sure you've got us on both of those.