

Winter 2022 Schedule

September 18 - December 31, 2022

sun

10:00 AM

Beginner Hoop

11:15 AM

Intermediate Hoop

12:30 PM

Intro to Hoop

1:45 PM

Mixed Level Silks

3:00 PM

Tween Aerial Series

5:00 PM 

Intro to Fabric

6:15 PM

Beginner Hammock

7:15 PM

Intermediate

Hammock

mon

10:00 AM

Intro to Hoop

11:15 AM

Beginner Hoop

12:30-4:30 PM

Open Studio

5:15 PM

Kids Aerial Series

6:30 PM

Beginner Pole

7:45 PM 

Flexibility

tues

10:00 AM 

Intro to Pole

11:15 AM 

Flexibility

12:30 PM

Vbarre

2:00 - 5:00 PM

Open Studio

5:15 PM 

Intro to Hoop

6:30 PM

Beginner Hoop

7:45 PM

Intermediate Hoop

wed

10:00 AM

Trapeze Series

11:15 AM

Intermediate Hoop

5:15 PM 

Flexibility

12:30 - 2:30 PM

Open Studio

6:30 PM

Beginner Pole

7:45 PM

Intermediate Pole

9:00 PM 

Floorplay

thurs

10:00 AM

Beginner Pole

11:30 AM

Flying Pole

2:00 - 5:00 PM

Open Studio

5:15 PM

Kids Aerial Series

6:30 PM

Beginner Silks

7:45 PM

Beginner Hammock



First timer? Start here!



Live Streaming Available



Heels Recommended, Knee Pads Required

fri

11:15 AM 

Floorplay

12:30 PM 

Flexibility

1:30 PM 

Intro to Fabric

2:30 - 5:00 PM

Open Studio

6:30 PM 

Intro to Pole

7:45 PM 

Sexy Basics


sat

10 AM

Beginner Pole

11:15 AM

Intermediate Pole

12:30 PM 
Intro to Pole

2:00 PM

Intermediate

Silks

3:15 PM

Trapeze Series

Class Cancellation, Late Cancel, and No Show Policies

Schedule subject to change. Visit www.shinefitnessstudio.com/classes for a current & up to date schedule. If you are unable to attend a previously scheduled class, please cancel your class via the Shine App or online at least *12 hours prior to your scheduled start time*. **Late cancellation and no-shows will result in a loss of pass + a \$15 fee to your card on file.

Download the Shine Fitness Studio app for easy booking



intro to pole

This class is for students who have always wanted to try pole! This class is a prerequisite for Beginner Pole. Learn how to build strength and skills to transition to our beginner class.

WHAT TO WEAR: Yoga pants or capris and a form-fitting top.

beginner pole

Develop your strength and stamina while focusing on fluidity and sequencing in Beginner Pole. In Beginner Pole class you will continue to build on the basic skills and conditioning, then gradually progress into learning more elaborate poses and tricks as well as longer sequences of aerial movement.

PREREQUISITE: Must have passed Intro to Pole or have prior studio approval.

WHAT TO WEAR: Pole shorts and form-fitting top.

intermediate pole

Progress into advanced poses and choreographed flows in Intermediate Pole. In this class, you will be introduced to spinning and drops. There will be an increased focus on stamina and longer sequencing.

PREREQUISITE: Must have passed Beginner Pole or have prior studio approval.

sexy basics

Get in touch with your sensuality and learn how to channel your inner goddess through heelwork, floor work, and pole.

WHAT TO WEAR: Heels are encouraged but not required.

flying pole

Take your pole skills to new heights! Learn tricks and combos on the suspended flying pole.

PREREQUISITE: Must be able to climb the pole, hold a pole sit (no ankles crossed) and jasmine for 10 seconds, and stronghold. Must have experience on spin pole.

trapeze series

This four week series is for students who have always wanted to learn trapeze! In this four-week progressive series, you will learn the basics of static trapeze like mounting, poses, and transitions. We believe this format is the best way for students to build skills on a new apparatus through safe progressions and proper form, technique, and strength building.

kids & tween aerial series

Visit kids.shinefitnessstudio.com for more information

intro to hoop

This class is for students who have always wanted to try hoop! This class is a prerequisite for Beginner Hoop. Learn how to build strength and skills to transition to our beginner class. You will learn the basics of aerial hoop like mounting, poses, and transitions.

WHAT TO WEAR: Yoga pants or capris and a form-fitting top to avoid hoop burns on the skin.

beginner hoop

Develop your strength and stamina while focusing on fluidity and sequencing in Beginner Hoop. In Beginner Hoop class you will continue to build on the basic skills and conditioning, then gradually progress into learning more elaborate poses and tricks as well as longer sequences of aerial movement.

PREREQUISITE: Must have passed Intro to Hoop or have prior studio approval.

intermediate hoop

Progress into advanced poses and choreographed flows in Intermediate Hoop. In this class, you will be introduced to spinning and drops. There will be an increased focus on stamina and longer sequencing.

PREREQUISITE: Must have passed Beginner Hoop or have prior studio approval.

flexibility

Enhance your fitness experience with guided flexibility training. A regular flexibility regimen can increase your mobility, and strength, and reduce tightness within your body. Proper flexibility training can reduce aerial injuries and keep you moving on the pole or aerial apparatus for as long as possible.

floorplay

Have you ever thought – “What can I do on the floor?” – in pole class? Maybe you want to find a sensual, slinky way to move across the room. Then this class is for you! You’ll focus on dynamic flexibility movements through flow and floor work.

vbarre

Get your heart pumping and focus on strength training for pole and aerials. You’ll get cardio, resistance training, and stretching in this 60-minute full-body pump.

intro to fabric

This class is for students who have always wanted to try silks or hammock! This class is a prerequisite for Beginner Silks and Hammock. Learn how to build strength and skills to safely transition to our beginner class. You will learn basic climbs, wrist & foot locks, and basic inverts on fabric.

WHAT TO WEAR: Yoga pants or capris and a form-fitting top to avoid fabric burns on the skin.

beginner hammock

Develop your strength and stamina while focusing on fluidity and sequencing in Beginner Hammock. In Beginner Hammock class you will continue to build on the basic skills and conditioning, then gradually progress into learning more elaborate poses and tricks as well as longer sequences of aerial movement.

PREREQUISITE: Must have passed Intro to Fabric or have prior studio approval.

beginner silks

Develop your strength and stamina while focusing on fluidity and sequencing in Beginner Silks. In Beginner Silks class you will continue to build on the basic skills and conditioning, then gradually progress into learning more elaborate poses and tricks as well as longer sequences of aerial movement.

PREREQUISITE: Must have passed Intro to Fabric or have prior studio approval.

intermediate hammock

Progress into advanced poses and choreographed flows in Intermediate Hammock. In this class, you will be introduced to spinning and drops. There will be an increased focus on stamina and longer sequencing.

PREREQUISITE: Must have passed Beginner Hammock or have prior studio approval.

intermediate silks

Progress into advanced poses and choreographed flows in Intermediate Silks. In this class, you will be introduced to spinning and drops. There will be an increased focus on stamina and longer sequencing.

PREREQUISITE: Must have passed Beginner Silks or have prior studio approval.