Aerial Hoop

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What is aerial hoop?

Popular with aerial dance and circus, the aerial hoop is a metal hoop that is suspended from the ceiling. A performer does tricks on the hoop, being able to spin around, swing, or do static poses on it. Aerial hoop classes are available at most circus schools or yoga studios.

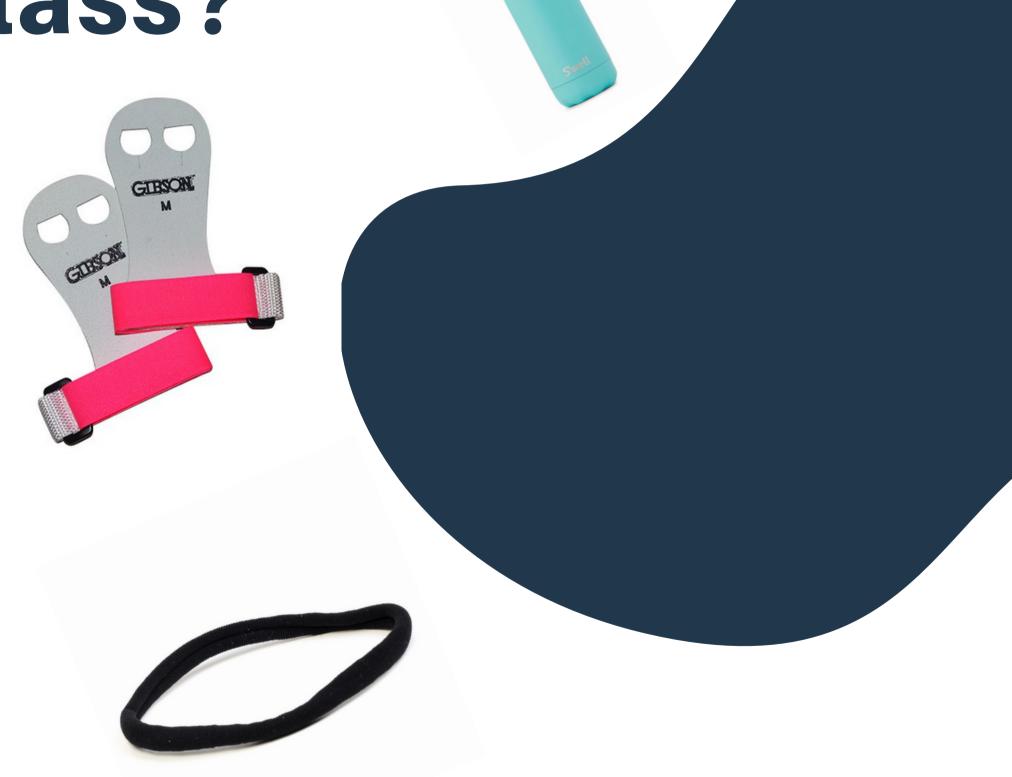


What are some benefits to taking an aerial hoop class?

- It's a fun and creative way to exercise
- You will gain a lot of confidence from mastering a new skill
- You can overcome a fear of heights
- You'll be able to try something new in a safe environment
- You're likely to make a lot of new friends

What should I bring to aerial hoop class?

- Comfortable, form-fitting clothes without any buttons or zippers that could snag on the apparatus
- A water bottle
- A hair tie, to keep long hair tied back
- Grips, if the class you're going to don't have any available to rent (these are optional, but it does make your class less painful by preventing tears on your palms)



What else should I know before taking aerial hoop class?

It won't be easy.

While some skills are easy to master, others are quite difficult and it's common to not get them right away.

It can be painful at times.

For many poses, you are required to twist your body in somewhat uncomfortable positions, and your hands will be torn from holding onto the hoop. All of what I mentioned above will get better with experience.

It's a rewarding experience.

Learning a new skill on the hoop will help you gain confidence with your abilities and make you feel proud and happy.