



SSC
Eindhoven

Aerial Hoop Course

Aerial Hoop, also known as Lyra or Aerial Ring is a form of exercise that only recently emerged. It has roots in the circus and the world of acrobatics and is related to both pole dance and Aerial Silks. Aerial Hoop combines both strength exercises, agility and grace. An Aerial Hoop is an enlarged hula hoop ring of steel suspended from the ceiling, in which hoop artists can perform spins, tricks poses and drops. In this course, you will learn the basics of the sport, train your strength, flexibility and endurance, and get to perform several tricks. Everyone can sign up for the course, regardless of your level of strength or flexibility so don't be scared that this might be a problem!

The course is meant for inexperienced people to learn the basics of the sport. If you already have experience and would like to start with the sport, please contact SPV Blue at info@spvblue.nl.

Price: € 15,-

Time & Location: Every Monday, 20h00 - 21h00, Studio 3

