

# Aerial Hoop Course - SPV Blue

**Location:** SSC Eindhoven, Gymnasium

**Level:** Beginners

**Price:** 15 Euros sports cards holders

**Period:** Every Quartile

**Day & Time:** Look in the sports schedule on the SSC website

**Equipment:** Sports clothes

**Instructor:** SPV Blue trainer



## WHAT YOU CAN EXPECT

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 Silk. Aerial Hoop therefore 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 exercise spins, tricks positions and drops. In Aerial Hoop you conduct the exercises in fast motions and you often practice rather long combinations. You wear long pants and a top when you do Aerial Hoop, as you have to hang a lot in your knees and therefore want to protect them a little. Aerial Hoops come in various sizes and variants and can either have one or two hooks for hanging and can be either static or put on the spin, so you can twirl around

## REGISTRATION

Signing up is possible via [our website](#). Log in on your personal page, go to 'Shop' and then click on 'View all courses'.