



SSC  
Eindhoven

# Aerial Silks Course

Aerial Silks, also called Tissue, is a form of bodyweight exercise. The sport originated in the circus world and looks very acrobatic. The silk is a very long piece of fabric that hangs from the ceiling all the way to the floor. In this fabric, a lot of exercises such as climbing, poses and drops can be performed to create a breathtaking performance. In this course, you will learn the basics of the sport and get to perform several tricks high up in the air while simultaneously training strength, endurance and flexibility. However Aerial Silks performers have to keep their body up in the air all the time, you don't have to be scared that you are not strong or flexible enough. Everyone can start the course!

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](mailto:info@spvblue.nl).

Price: € 15,-

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

