

See New Heights with Aerial Silks

Unleash your inner acrobat with our exhilarating full-body workout.

Sign up today!



Why Aerial silks?

Aerial silks is a graceful and effective form of exercise that involves performing acrobatic moves while suspended from fabric silks. It is a great way to stay fit and challenge yourself, all while having fun. With regular practice, aerial silks can help develop strength, flexibility, and coordination. It's a unique combination of physical and mental challenges which can boost confidence and leave you feeling empowered. Why not give aerial silks a try and experience the excitement for yourself?

Our classes



Beginner

Beginner classes for aerial silks teach you the foundational moves and techniques, and is led by experienced instructors to guide you. No prior experience is necessary.

[See more](#)



Intermediate

Intermediate classes build on foundational moves and introduce complex techniques, led by experienced instructors. They improve strength, flexibility, and coordination.

[See more](#)



Expert

Expert classes are for the experienced aerialists, which offer a challenging workout with advanced techniques. Led by skilled instructors to help guide you to refine your skills.

[See more](#)

Form for sign up

Name

First Lastname

Email

example@email.com

Phone number

+46 123 456 789

Please choose a class

Classes..

▼

Do you have any prior experience with aerial silks?

Yes

No

I don't know

Do you have any injuries or medical conditions that may affect your ability to participate in aerial silks classes?

Yes

No

I don't know

Do you want us to contact you for any other inquiries?

Yes

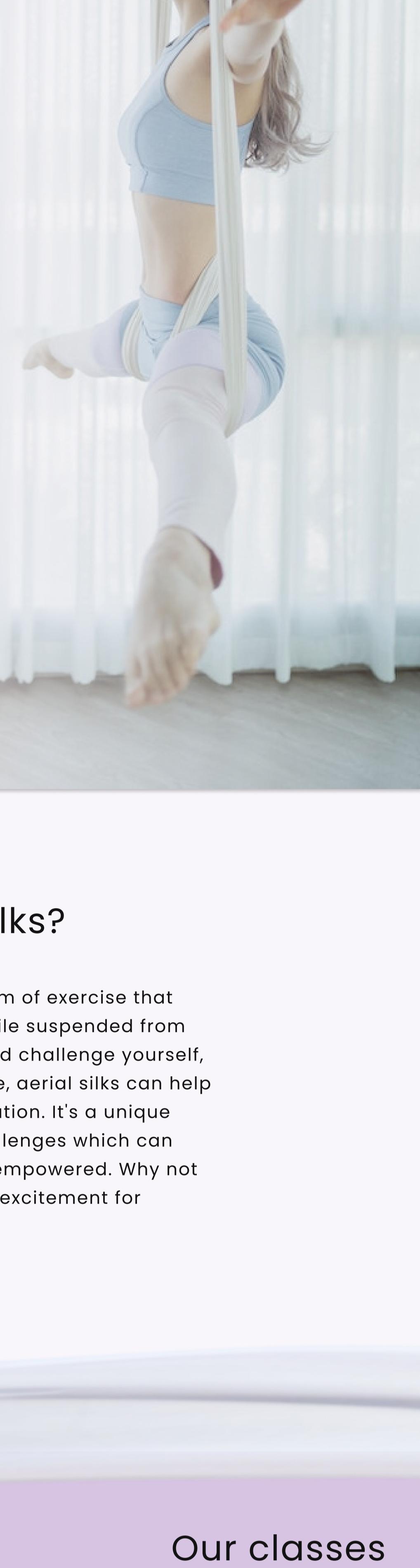
No

Send form

See New Heights with Aerial Silks

Unleash your inner acrobat with our exhilarating full-body workout.

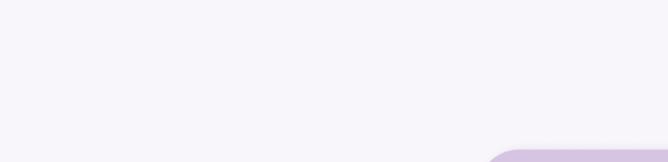
[Sign up today!](#)



Why Aerial silks?

Aerial silks is a graceful and effective form of exercise that involves performing acrobatic moves while suspended from fabric silks. It is a great way to stay fit and challenge yourself, all while having fun. With regular practice, aerial silks can help develop strength, flexibility, and coordination. It's a unique combination of physical and mental challenges which can boost confidence and leave you feeling empowered. Why not give aerial silks a try and experience the excitement for yourself?

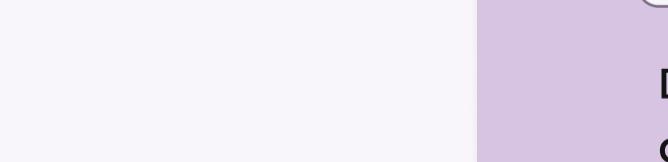
Our classes



Beginner

Beginner classes for aerial silks teach you the foundational moves and techniques, and is led by experienced instructors to guide you. No prior experience is necessary.

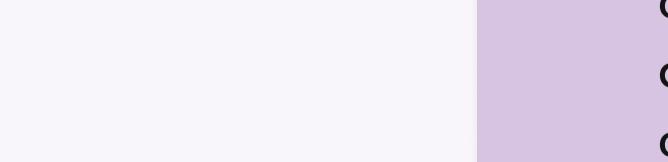
[See more](#)



Intermediate

Intermediate classes build on foundational moves and introduce complex techniques, led by experienced instructors. They improve strength, flexibility, and coordination.

[See more](#)



Expert

Expert classes are for the experienced aerialists, which offer a challenging workout with advanced techniques. Led by skilled instructors to help guide you to refine your skills.

[See more](#)

Form for sign up

Name

First Lastname

Email

example@email.com

Phone number

+46 123 456 789

Please choose a class

Classes..

Do you have any prior experience with aerial silks?

Yes No I don't know

Do you have any injuries or medical conditions that may affect your ability to participate in aerial silks classes?

Yes No I don't know

Do you want us to contact you for any other inquiries?

Yes No

[Send form](#)

Gracious Movement

[Classes](#)

[About](#)

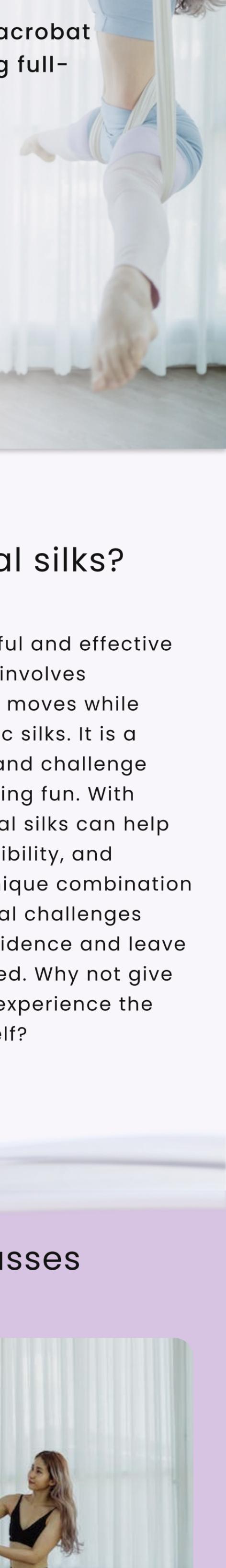
[Contact](#)



See New Heights with Aerial Silks

Unleash your inner acrobat with our exhilarating full-body workout.

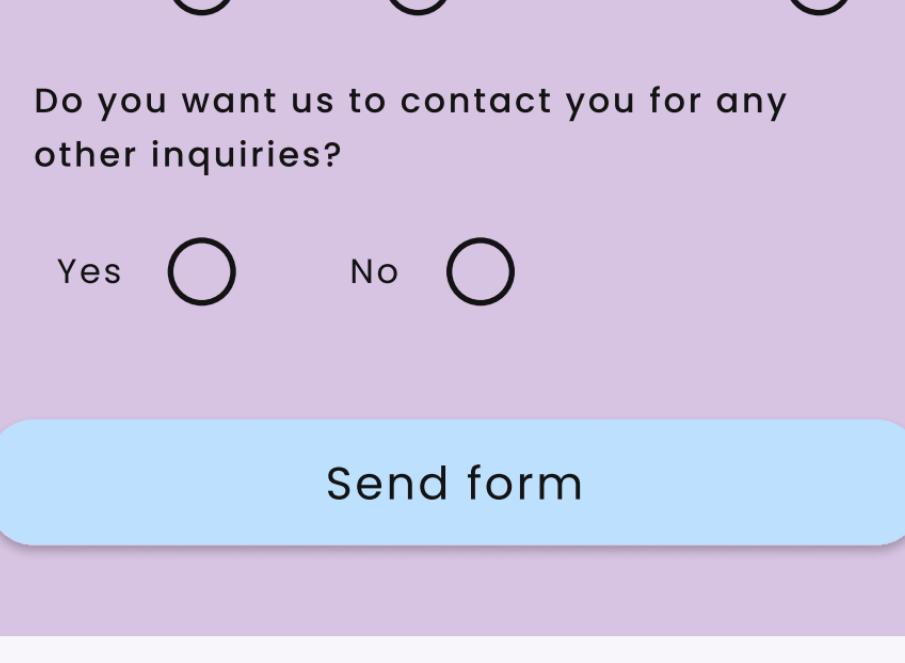
Sign up today



Why Aerial silks?

Aerial silks is a graceful and effective form of exercise that involves performing acrobatic moves while suspended from fabric silks. It is a great way to stay fit and challenge yourself, all while having fun. With regular practice, aerial silks can help develop strength, flexibility, and coordination. It's a unique combination of physical and mental challenges which can boost confidence and leave you feeling empowered. Why not give aerial silks a try and experience the excitement for yourself?

Our classes



Beginner

Beginner classes for aerial silks teach you the foundational moves and techniques, and is led by experienced instructors to guide you. No prior experience is necessary.

See more

• • •

Form for sign up

Name

First Lastname

Email

example@email.com

Phone number

+46 123 456 789

Please choose a class

Classes..

▼

Do you have any prior experience with aerial silks?

Yes



No



I don't know



Do you have any injuries or medical conditions that may affect your ability to participate in aerial silks classes?

Yes

No

I don't know

Do you want us to contact you for any other inquiries?

Yes

No

I don't know

Send form

Gracious Movement

Classes About Contact

