

# 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.