

FREQUENTLY ASKED QUESTIONS

WHAT SHOULD I WEAR FOR CLASS?

Please wear leggings that cover the backs of your legs. This is really important as bare skin will rub against the hoop and burn against the silks. Please no jewelry - especially rings, as you will need to grip the equipment properly, and anything else that dangles eg. earrings or necklaces that may get caught up in the equipment. It is also a good idea to tie hair up out of the way. We work in bare feet as this grips better. Socks can be a bit slippery.

WHAT SHOULD I BRING TO CLASS?

Nothing except yourself and a fabulous positive attitude with lots of enthusiasm! You may want to bring a water bottle as you will need to stay hydrated, but there is drinking water at the studio. If you sweat a lot you may want to bring a towel. If it's your first time at Skylab you will need to sign a disclaimer so either bring this with you or fill it in at the studio.

WHAT TO EXPECT FROM A CLASS

Aerial dance fitness is not like a normal workout at the gym. You will be lifting your body weight in the air in order to get up on the equipment (and this is no easy task!) so come prepared to work hard and be challenged. But don't panic because we break everything down, you always work to your own level and there is always something for everyone. You will probably also have a ton of fun.

HOW STRONG DO I NEED TO BE TO DO THIS?

I'm not going to lie, aerial is a tough, challenging workout, but that is why we love it so much! Ideally you need to be able to do a pull-up before you do one of the courses in order to get the most benefit. If you can't yet do this I suggest coming along to Aerial Fit first where we do an hour of core strengthening exercises using the hammocks, to build up strength fast.

IS IT POSSIBLE TO DO A TASTER BEFORE I COMMIT TO BOOKING ON A COURSE?

Yes of course! If you are not entirely sure that aerial is your thing just yet – come and try our Aerial Taster class. You will get to try climbing a silk, seeing what it's like to invert (that's the fancy word for going upside down) and have a go at getting on and off a hoop. After doing all that you will be able to figure out if it's your cup of tea or not.

WHAT COURSE HOOP OR SILKS SHOULD I PICK?

If you are unsure I would come to the Aerial Taster first to see which apparatus (hoop or silks) you prefer. Both have certain qualities and only you can decide. Generally hoop seems to be slightly easier as you get to sit in the hoop and do tricks from there. The tricks with silks are more complicated and slower to learn at the beginning (and it's also a bit tougher on the arms) but once you understand the root positions things start to get a lot quicker.

I CAN'T MAKE ALL THE CLASSES IN THAT MONTH SO WHAT SHOULD I DO?

One class can be missed during a four week course and made up via one of the drop-ins or practice sessions. Please note that the tricks get progressively harder each week, so missing any more than one class may mean you find yourself struggling to keep up. Better to book into a course when you know you have time in your diary.

HOW DO I BOOK?

Please book online for your class or course at least one week before the start date. If you are experiencing any difficulties with this then do get in touch with us. If you want to book a studio hire or private classes please contact us via email or phone. Current availability is weekdays 2 – 5pm.

I'M INJURED / NOT FEELING VERY WELL WHAT SHOULD I DO?

This unfortunately means aerial is out of the question. Aerial health and safety means we never put ourselves at unnecessary risk. If you feel unwell or are injured it is best to skip class until you feel better. Aerial takes up a lot of energy - energy your body needs to recover. If you take class when you are not feeling 100% you put yourself at risk of (a) causing more damage to your body (b) taking longer to recover. I know it can be frustrating but much better to be safe than sorry.