

# FREE HOOPING & ACROBATICS IN AUGUST!



## HOOP PLAYSHOP

Get hooping! Hoop dance is a fun and creative way to get active. Bring your skills to the next level, learn new tricks, perfect the ones that you already know, and develop choreography & flow with the hoop. Practice hoops available for use in class.

## PARTNER ACRO- BATICS

Join the fun for a unique partner acrobatics class where we will concentrate on technique to become awesome bases and flyers. This class will give you specific exercises to improve your beginner partner acro moves. Bring a friend or don't, no partner necessary! Role reversal encouraged, all are welcome! Expect an awesome workout.

**WHEN:** Wednesdays in August  
6-8pm

**8/3 & 8/10:** Hooping

**8/17 & 8/24:** Partner Acrobatics

**8/31:** Combo class!

**COST:** Free!

**LOCATION:** SPARC

**WHO:** You! Open to all ages  
and abilities

**WHAT TO  
BRING:** Water bottle, hula hoop  
if you have one, layers.

**About the instructor:** Stephanie Cortes co-owns Cirque Roots, a non-profit grassroots artist collective based in Tucson, Arizona and is a long-time acrobat and instructor. Her vision is to inspire community to create and play through movement and dance.



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