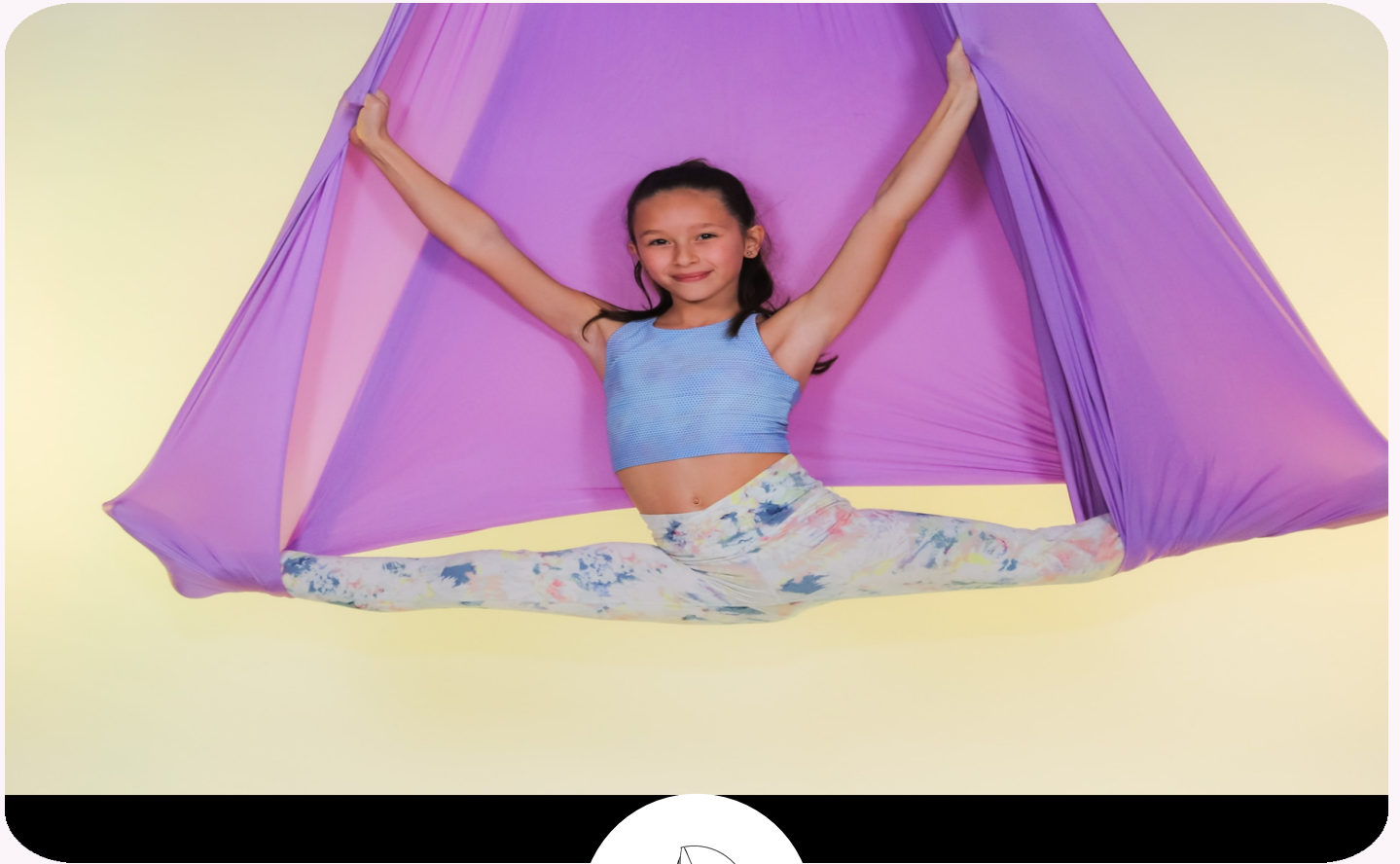




Flexibility in Flight

Kids, Tweens, Teens & All-Ages Aerial Classes



EFFECTIVE SEPTEMBER 20, 2026



Chester, NY · flexibilityinflight.com · Book online any time



Weekly Class Schedule

Kids, Tweens, Teens & All-Ages Aerial Classes · Effective September 20, 2026

Sunday

● 9:00 AM	Open Level Aerial Fabric (Split Silks)	Amanda Jane
● 10:00 AM	Aerial Hammock Silks for Beginners	Amanda Jane
● 11:15 AM	Intro to Lyra Aerial Hoop	Amanda Jane
● 12:30 PM	Aerial Yoga	Nicole Jacobsen

Tuesday

● 6:15 PM	Open Level Aerial Fabric (Split Silks)	Terra Meierdierck Miller
● 7:30 PM	Open Level Lyra Aerial Hoop	Terra Meierdierck Miller

Wednesday

● 6:00 PM	Lyra Fluidity	Nicole Jacobsen
● 7:15 PM	Open Level Hammock Silks	Nicole Jacobsen
● 8:30 PM	Open Level Aerial Sling	Nicole Jacobsen

Thursday

● 4:45 PM	Open Level Lyra Aerial Hoop	Sergia Hernandez
● 6:00 PM	Open Level Aerial Fabric (Split Silks)	Sergia Hernandez
● 8:00 PM	Hula Hoop Dance: Find Your Flow	Lauren Lynch

Saturday

● 11:15 AM	Intro to Lyra Aerial Hoop	Ellen Rosenshein
● 12:30 PM	Lyra Level 1	Ellen Rosenshein

● Silks & Fabric ● Lyra Hoop ● Hammock, Sling & Yoga

Book online at flexibilityinflight.com · Chester, NY