

Make Your Love Soar On Date Night With Aerial Classes In NYC



By [Cortney Moore](#)

Do you have a love for the aerial performers at Cirque du Soleil? Ever wondered how they can easily climb up and down those silks and hoops while being suspended in air? You might think these performers had to train at a young age to get so nimble and flexible, but this is not always the case! Believe it or not, you can become one of those amazing performers with a few aerial classes. Learn how to soar through the sky with ease and impress your friends with these circus-like moves! It might even be worth it to try out on your next [date night](#)! Just imagine yourself and your sweetheart defying gravity and

completely in sync with each other while practicing these mesmerizing moves. If that's not motivation enough to give these classes a try, then maybe a few fit celebrities can inspire you to. Khloe and Kourtney Kardashian, Vanessa Hagens, Sarah Hyland and P!nk are just a few stars who have made [celebrity news](#) following this daring fitness trend.

Try Out Aerial Classes On Your Next Date Night

Circus Warehouse: Founded in 2010 and located in Long Island City, the Circus Warehouse has made a name for itself in all things circus related. Classes are taught by actual circus stars so you can have faith that you're learning from people who know what they're doing. This location offers aerial silks, Lyra (aerial hoop) and many other circus classes you may be interested in trying.

Body & Pole: Push your limits at Body & Pole located in the Chelsea neighborhood. This 10,000 square foot studio offers an assortment of classes so you can do your best as an aspiring aerialist. With world-renowned instructors teaching 200 classes on a weekly basis, students can improve their flexibility, contortion and aerial choreography on fabric, hoops and poles.

Related Link: [Celebrity Interview: Professional Aerialist & Celebrity Trainer Jill Franklin Talks About Aerial Physique, Famous Clients And Love Advice](#)

Aerial Arts NYC: Learn aerial skills from experienced professionals who have performed at Cirque du Soleil, famous cruise ship lines and countless other circus locations. Aerial Arts NYC is located in Midtown East, and offers both group or private aerial circus classes in silks, static trapeze, rope, Lyra, hammock, straps and Spanish web.

Om Factory: Take a more peaceful approach to aerial fitness with the Om Factory. Founded in 2006, with multiple locations in NYC (Union Square & Fashion District) and abroad, the Om Factory has had the opportunity to teach aerial yoga to thousands. Aside from assorted yoga classes, this location also offers traditional aerial circus lessons with silks, Lyra, cloud swings and static trapeze.

Related Link: [Date Idea: Workout Together](#)

Skybody System: Empower your body and mind at this aerial yoga studio in the Flatiron district. You don't have to be fitness pro here because experienced instructors will teach you everything you need to know as a beginner. You have the option to take a variety of aerial fitness classes that include yoga or dance. And with classes offered 7-days a week, you'll have plenty of opportunities to practice your skills!

City Pole: Receive individualized attention at an aerial studio located in Tribeca. City Pole boasts small class sizes for beginner, intermediate and advanced aerialists. As a result each student has access to the studio's equipment with no need to share during lessons. Here, experienced trainers teach pole dancing, flexibility, aerial hoop and silk classes.

Be the envy of your friends by getting fit on date night and learning these aerial skills as a couple! You'll be sure to get your heart racing with the one you love close by.

Have you ever heard of aerial classes before? Would you be interested in giving it a try? Share your comments below!