

Fitness Trend: Reaching New Heights in Aerial Classes



By [Courtney Shapiro](#)

Aerial classes are currently a super fun [fitness trend](#). These classes are also known as aerial yoga or anti-gravity, and use suspended ribbons to achieve a workout. There are various types of aerial workouts including ones with silks, ropes, lyra, which is a steel ring attached to two ropes straps, hammock, as well as conditioning. The classes are usually small and help people work on the aerobic and conditioning skills in an innovative way.

Check out why Aerial Fitness classes can be beneficial for your body and why you should try this fitness trend

1. The workout is fresh: If you're tired of the same routine, you should try Aerial classes. This acrobatic style class will probably get you out of your comfort zone, but will also help with balance, as well as strengthen your muscles.

Related Link: [Fitness Trend: Cold Therapy](#)

2. Muscle toning and strengthening: The classes use a lot of upper body and core strength since you have to hold yourself up on the ribbons. The ribbons can support up to 1,000 pounds and can be used with any body type.

3. Improves Posture and Flexibility: The workout is made up of more free movements, and the suspension from the ribbons helps to release tension in the muscles.

Related Link: [Fitness Trend: Online Workout Classes](#)

4. Learn new skills: These classes teach how to balance your body while in the air. You can also try workouts with rings, trapeze elements, and three dimensional movements.

5. Aids mental health: The aerial classes help with focus as well as rebuilding emotions. The trendy workout releases stress and helps to combat future negative energy.

Would you try an aerial fitness class? Let us know below!