

## Aerial Fitness: not just for A-list celebrities

**Exercise connoisseurs Gwyneth Paltrow, Madonna and Pink are flying high with the body-mind benefits of Aerial Fitness. Brass Vixens Fitness brings aerial exercise to Toronto!**

April 2013 – Toronto – The latest exercise trend defies the laws of gravity. Fitness aficionados are learning to fly now that trapeze, trampoline, circus schools and aerial fitness are all the rage. Aerial Fitness is not only a fun and effective workout, but safe even for non-acrobats.

### Learn to fly while working out!

Class begins with students rigging up studio hammocks from the ceiling. Aerial workouts start gently with stretching moves that use body weight to elongate muscles and open up the joints. The cloth hammock also massages areas of the body to soften tight muscles and increase blood flow. Once the body is warmed up, it's airtime! The whole body is elevated off the floor using the hammock to suspend, pivot and invert – extending the body to lengths it just can't get to with feet on the ground. More advanced aerial students can flip and somersault into upside down positions.



### Get hung up on Aerial Fitness:

- \* Improve circulation and blood flow – glowing skin
- \* Release stress and relax – sleep better than ever before
- \* Align that spine – achieve better posture
- \* Build muscle – get a strong and lean looking body

### Aerial Fitness is for:

- \* Anyone who wants to fly or join the circus
- \* Desk job workaholics and before bed laptop junkies
- \* Yoga and Pilates peeps looking to advance their practice
- \* Fitness fanatics who want a challenge

Please contact Sonja to arrange a media aerial session, photos or Q&A with a Brass Vixens instructor.

### MEDIA CONTACT

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Media backgrounder <http://www.brassvixens.com/media-takeaway-pdf/>



Brass Vixens offers over 200 pole dance and fitness classes a month where women (and men) of all levels and ages can get down, get fit and get sexy! First for Pole Dancing in Toronto, Brass Vixens also offers the latest in fitness exercise including FlyGym, Hula Hoop, Aerial Fitness, Burlesque & Chair Dancing. Private fitness parties to celebrate Birthdays & Bachelorette Parties are two of our most popular bookings.

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