

2016 December workshop descriptions

<http://www.facebook.com/events/677712645767697/>

Partner silks workshop

Time: Monday, December 19, 2016 from 7:00pm-9:00pm

Price: \$30/ea in advance, \$40 at the door

Location: ExperTease Fitness, 2014 N. Washington Ave., Minneapolis, MN

How to register: e-mail cholms@hotmail.com or call Cade at 612-269-2207

How to pay: via PayPal or at door with cash, check, charge

Class size: 20 max, 6 min class size

Partnering Silks is designed to get you partnering on silks. The class will start with some of the basics but will also include some intermediate/intermediate+ skills to challenge you if you have already been starting to delve into the partnering aerial realm. You will learn some different methods of partnering on silks and some examples of each. A partner is not needed, but is certainly welcome to bring if you happen to have one. Come join us for partnering fun!

Prerequisites: You must have an intermediate or higher level of silks. You must be able to have a solid straddle back and straddle hooks.

What to wear, bring, etc.: Recommended to wear typical silks clothing

Partner needed: A partner is not needed as people will be able to work with each other during workshop, but if you have someone you plan to work with, it would be recommended that both attend together.

<http://www.facebook.com/events/1854990758068601/>

Partner lyra workshop

Time: Monday, December 12, 2016 from 7:00pm-9:00pm

Price: \$30/ea in advance, \$40 at door

Location: ExperTease Fitness, 2014 N. Washington Ave., Minneapolis, MN

How to register: e-mail cholms@hotmail.com or call Cade at 612-269-2207

How to pay: via PayPal or at door with cash, check, charge

Class size: 20 max, 6 min class size

Partnering Lyra is designed to get you partnering on lyra. If you have any interest in trying it, this workshop is definitely for you. If you have already started to work with lyra partnering, you may find a few things helpful in this workshop as well. You will learn some basics of safety and spotting and how you might approach some partnering exploration on your own. You do not need to bring a partner, but if you have one it is certainly okay to do so. Come join us for partnering fun!

Prerequisites: You should have an intermediate level understanding of lyra skills or instructor permission. If you have questions about what this means, feel free to contact Cade to find out more details.

What to wear, bring, etc.: Recommended to wear typical lyra clothing

Partner needed: A partner is not needed as people will be able to work with each other during workshop, but if you have someone you plan to work with, it would be recommended that both attend together.

<http://www.facebook.com/events/228512050912718/>

Aerial Chains 1 workshop with Cade Holmseth

Time: Tuesday, December 6th 6:00-7:30pm

Min class size: 5

Price: \$30 in advance, \$40 at the door

Location: ExperTease Fitness, 2014 N. Washington Ave., Minneapolis, MN

How to register: e-mail cholms@hotmail.com or call Cade at 612-269-2207

How to pay: via PayPal or at door with cash, check, charge

Class Description: Hey Everyone, it's time to have another aerial chains workshop! I'm going to split it into 2 workshops again this time around. The first one will be a beginner chains workshop to introduce different concepts and safety concerns and start working with this shiny apparatus.

There are limited number of spots, so make sure to pre-register if you want your spot reserved! Also, if the enrollment doesn't meet a minimum number of 5 people, the workshop won't happen, so make sure you register and tell people about it!

Prerequisites: Really just that you have taken any other aerial class at the studio or a reasonable facsimile somewhere else. If you have questions, feel free to ask Cade.

What to wear, bring, etc.: You will want to cover your normal areas of concern (knees, armpits, elbows and such) but may also consider bringing jeans for your legs (make sure you can move in them) and possibly a thicker shirt or sweatshirt for comfort. Also, if you have trapeze boots or something similar such as stretchy jazz shoes, you may want to bring them too. ☺

<http://www.facebook.com/events/334738663576885/>

Aerial Chains 2 workshop (intermediate) with Cade Holmseth

Time: Tuesday, December 13, 6:00-7:30pm

Min class size: 5

Price: \$30 in advance, \$40 at the door

Location: ExperTease Fitness, 2014 N. Washington Ave., Minneapolis, MN

How to register: e-mail cholms@hotmail.com or call Cade at 612-269-2207

How to pay: via PayPal or at door with cash, check, charge

Class Description: Hey everyone, if you are reading this, you have taken chains 1 with me or plan to and would like to continue on your journey into the realm of aerial chains! This second class is set up to take you further with this unique apparatus and learn a couple of dynamic drops with it as well.

There are limited number of spots, so make sure to pre-register if you want your spot reserved! Also, if the enrollment doesn't meet a minimum number of 5 people, the workshop won't happen, so make sure you register and tell people about it!

Prerequisites: you must have taken a level 1 chains workshop with me prior to this class
What to wear, bring, etc.: You will want to cover your normal areas of concern (knees, armpits, elbows and such) but may also consider bringing jeans for your legs (make sure you can move in them) and possibly a thicker shirt or sweatshirt for comfort. Also, if you have trapeze boots or something similar such as stretchy jazz shoes, you may want to bring them too. 😊

Lyra tech

Max/Min class size: none

Price: \$15/class or punchcard

Location: ExperTease Fitness, 2014 N. Washington Ave., Minneapolis, MN

How to register:

Write Class Description

Prerequisites?

What to wear, bring, etc.

Partner needed?

Max/Min class size

Price: \$15 or punch card

Location: ExFit aerial studio

How to register: e-mail cholms@hotmail.com or call Cade at 612-269-2207

How to pay: via PayPal or at door with cash, check, charge

Write Class Description

Prerequisites?

What to wear, bring, etc.

Partner needed?

<http://www.facebook.com/events/719433261546111/>

Handstand intensive (6 classes) with Cade Holmseth

Time: Thursdays in December 8th, 15th, 22nd, 29th from 7:00-8:00pm and Saturdays 10th, 17th in December from noon-1:00pm

Min class size: 4

Price: \$50 for all 6 classes

Location: ExperTease Fitness, 2014 N. Washington Ave., Minneapolis, MN

How to register: e-mail cholms@hotmail.com or call Cade at 612-269-2207

How to pay: via PayPal to cholms@hotmail.com or in person with cash, check, charge

Write Class Description: This class is designed to expand on your handstand skills. Don't have any yet? Great, come learn how to stack your body, work flexibility and train strength so that you can get your handstand. If you have already started to work your handstands, learn some skills to train them further and extend the time you are able to hold handstands and work with some of the form.

Prerequisites: some ability to handstand or at least cartwheel is recommended but not necessary

What to wear, bring, etc.: patience, a positive attitude, and a shirt that you can tuck in ☺

Partner: you won't need a partner to take this workshop, but we will work with people in class and learn to spot each other and help with training each other.

<http://www.facebook.com/events/1783833131883719/>

Learn to Fire Breathe with Cade Holmseth

Time: Sunday, December 4th from 7:00-8:30pm

Min class size: 4

Price: \$30 in advance, \$50 for both classes, \$40 at the door, \$15 refresher for past students

Location: ExperTease Fitness, 2014 N. Washington Ave., Minneapolis, MN

How to register: e-mail cholms@hotmail.com or call Cade at 612-269-2207

How to pay: via PayPal to cholms@hotmail.com or in person with cash, check, charge

Class Description: Come learn to breathe fire! For just \$30, you get an hour and a half long class, including group safety and instruction and time to breathe fire like a dragon! All fire breathing fuel will be provided. There is another class available on Sunday December 11th to learn how to eat fire and make transfers and manipulate it. Each class can be taken solo or save money by taking both! Make sure to pre-register so you don't miss out!

Prerequisites: NONE. No experience necessary.

What to wear, bring, etc.: cotton clothing or natural fibers. You will need a fire breathing torch or two. If you don't have/don't know where to get them, I will have them available for \$15/ea or \$25/pair.

<http://www.facebook.com/events/1172234426196942/>

Learn to Eat Fire and Make Fire Transfers with Cade Holmseth

Time: Sunday, December 11th from 7:00-8:30pm

Min class size: 4

Price: \$30 in advance, \$50 for both classes, \$40 at the door, \$15 refresher for past students

Location: ExperTease Fitness, 2014 N. Washington Ave., Minneapolis, MN

How to register: e-mail cholms@hotmail.com or call Cade at 612-269-2207

How to pay: via PayPal to cholms@hotmail.com or in person with cash, check, charge

Class Description: Come learn to eat fire! For just \$30, you get an hour and a half long class, including group safety and instruction and time to eat fire like a dragon! All fuel will be provided. There is another fire class happening the week prior on Sunday the 4th to learn how to breathe fire. Neither class is required to do the other, but you can save money by registering for both! Make sure to pre-register so you don't miss out!

Prerequisites: NONE. No experience necessary.

What to wear, bring, etc.: cotton clothing or natural fibers. You will need a pair of fire eating torches. If you don't have/don't know where to get them, I will have them available for \$20/pair.

Silks 2 Supplemental

Time: Sundays, December 4, 11, 18 from 11:00-12:30pm and Wednesdays 7, 14, 21, 28 from 7:00-8:30pm

Min class size: 5

Price: \$130 for 7 classes (cheaper than session classes)

Location: ExperTease Fitness, 2014 N. Washington Ave., Minneapolis, MN

How to register: e-mail cholms@hotmail.com or call Cade at 612-269-2207

How to pay: via PayPal to cholms@hotmail.com or in person with cash, check, charge

Class Description: This class is meant to be a supplemental to the session classes. We will make sure that we cover anything that was missed in the previous session and work towards perfecting the skills in hopes of preparing for the next levels. Besides review and technique, we will add a little larger focus on conditioning as well. Each of the supplemental classes will only run if there are at least 5 people signed up, so if you want the classes to happen talk to your classmates about joining.

Prerequisites: you must have taken silks 2 before

Silks 3 Supplemental

Time: Sundays in December 4, 11, 18 from 3:30-5:00pm and Thursdays 8, 15, 22, 29 from 8:00-9:30

Min class size: 5

Price: \$130 for 7 classes (cheaper than session classes)

Location: ExperTease Fitness, 2014 N. Washington Ave., Minneapolis, MN

How to register: e-mail cholms@hotmail.com or call Cade at 612-269-2207

How to pay: via PayPal to cholms@hotmail.com or in person with cash, check, charge

Class Description: This class is meant to be a supplemental to the session classes. We will make sure that we cover anything that was missed in the previous session and work towards perfecting the skills in hopes of preparing for the next levels. Besides review and technique, we will add a little larger focus on conditioning as well. Each of the supplemental classes will only run if there are at least 5 people signed up, so if you want the classes to happen talk to your classmates about joining.

Prerequisites: you must have taken silks 3 before

Lyra 2 Supplemental

Time: Wednesdays in December 7, 14, 21, 28 from 7:00-8:30pm

Min class size: 5

Price: \$75 for 4 classes (much cheaper than session classes)

Location: ExperTease Fitness, 2014 N. Washington Ave., Minneapolis, MN

How to register: e-mail cholms@hotmail.com or call Cade at 612-269-2207

How to pay: via PayPal to cholms@hotmail.com or in person with cash, check, charge

Class Description: This class is meant to be a supplemental to the session classes. We will make sure that we cover anything that was missed in the previous session and work towards perfecting the skills in hopes of preparing for the next levels. Besides review and technique, we will add a little larger focus on conditioning as well. Each of the supplemental classes will only run if there are at least 5 people signed up, so if you want the classes to happen talk to your classmates about joining.

Prerequisites: you must have taken lyra 2 before

Lyra 3 Supplemental

Time: Wednesdays in December 7, 14, 21, 28 from 5:30-7:00pm

Min class size: 5

Price: \$75 for 4 classes (much cheaper than session classes)

Location: ExperTease Fitness, 2014 N. Washington Ave., Minneapolis, MN

How to register: e-mail cholms@hotmail.com or call Cade at 612-269-2207

How to pay: via PayPal to cholms@hotmail.com or in person with cash, check, charge

Class Description: This class is meant to be a supplemental to the session classes. We will make sure that we cover anything that was missed in the previous session and work towards perfecting the skills in hopes of preparing for the next levels. Besides review and technique, we will add a little larger focus on conditioning as well. Each of the supplemental classes will only run if there are at least 5 people signed up, so if you want the classes to happen talk to your classmates about joining.

Prerequisites: you must have taken lyra 3 before

Instructor bios:

Cade Holmseth head of the aerial program at ExperTease Fitness. Cade has more than 12 years aerial experience, including more than 8 years of duo aerial work including silks/tissu, lyra, static trapeze, acrobalance and more.

Shadowcat Sophie has been taking aerial classes for almost 4 years from ExperTease Fitness as well as other studios in the Twin Cities, nationally, and abroad. She has been

an instructor with Lyra for 2 years and several performances involving duo lyra and trapeze.