

New Cirque-It Fitness Program Combines Aerial Arts with Strength Training

Aerialates®, the original brand of aerial Pilates, launched its *Cirque-It®* programming in the summer of 2014. The company plans to roll out *Cirque-It* only workshops for fitness professionals in early 2015.

Minneapolis, MN ([PRWEB](#)) July 14, 2014 -- Aerialates®, the original brand of aerial Pilates, launched its *Cirque-It®* programming in the summer of 2014. A pilot group completed a six-week trial of the program that ended in June at Twin Cities Trapeze Center. *Cirque-It* combines exercises from the Aerialates curriculum with standard resistance training for a fast-paced, full-body workout. The *Cirque-It* program takes participants through a 45-minute workout twice per week and is designed to challenge all fitness levels.

Marissa Schon, a 27-year-old finance assistant in Minneapolis and a pilot group participant, confesses that she wasn't sure she wanted to try *Cirque-It* when she first heard of it. "I haven't taken too many fitness classes because I generally dislike them, but I loved *Cirque-It*!" she remarked. "I liked the circuit formation and the incorporation of aerial equipment. I got to do things I wouldn't get to do in other classes. And people keep telling me how strong I look!"

At 60, Sue Gavin was the pilot group's senior member. A rehabilitation therapist and Pilates instructor, Gavin readily admits she's "picky" when it comes to fitness training. "I don't normally like group classes," said Gavin, "but the programming and coaching in *Cirque-It* is wonderful. I want to come back and I've already invited my girlfriends to class."

Twin Cities Trapeze Center plans to offer *Cirque-It* as part of its regular class schedule. "It brings people to our gym, my coaches love teaching it, and it gets people stronger for our other classes," remarked Katie Kimball, co-owner of the facility. "It's a win for everybody."

Aerialates currently includes an introduction to *Cirque-It* in its Fundamentals training workshop. The company plans to roll out *Cirque-It* only workshops in early 2015. Nearly 50 Aerialates trainers can be found throughout the US and in Canada.

About Aerialates

Founded in 2008, AERIALATES® body leverage training is dynamic exercise that combines the aerial arts with Pilates to challenge and inspire the body and spirit. Aerialates trainers can now be found across the US and in Canada. For more information, visit <http://www.aerialates.com>.



Contact Information

Alison Peymann

Aerialates

<http://aerialates.com>

+1 415.350.3975

Online Web 2.0 Version

You can read the online version of this press release [here](#).