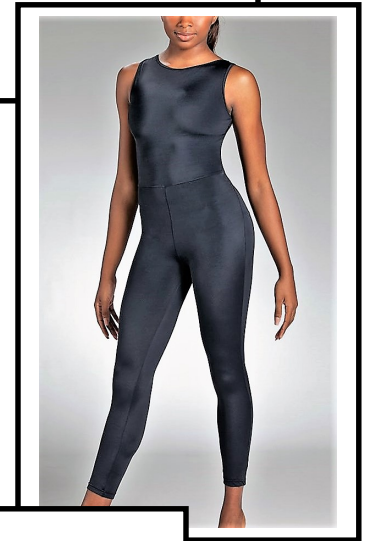
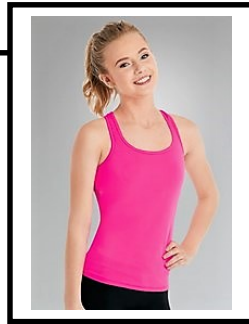


What to Wear, What to Bring Circus Arts/Aerial Fitness Classes

Women/Girls Attire

1. **NO JEWELRY:** NO earrings, NO bracelets, NO necklaces, NO rings, etc.
2. **NO FAKE FINGERNAILS** or long nails
3. **NO bare midriffs** - wear leotard, unitard or tight top
4. **NO baggie t-shirts** or pants
4. **NO bare legs** – wear leggings or stirrup tights that cover back of knees
5. **NO rhinestones, sequins, studs, velcro, zippers, pockets**
6. **YES Bare feet**
7. **YES Hair pulled back** neatly in ponytail or bun
8. **Toe nails and finger nails trimmed and smooth.** Feet clean with no rough calluses



What to Bring:

1. Lots of bottled water or thermos (no glass)
2. A towel for sweat
3. Notebook and pen to take notes, if you like

Men/Boys:

Shirts and bottoms must be tight fitting Under Armour-style. They can be purchased at Wal-Mart, Target, and any sporting goods store.

In addition, male students should wear a dance belt or athletic supporter.

