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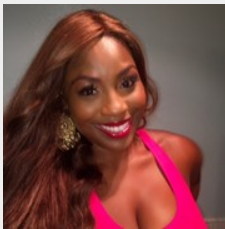
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Lakesha Yvette Walker

LA Dance Fitness Examiner

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# Hang with the dream team at AIR Aerial Fitness.

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March 1, 2015  
2:31 PM MST



## FEATURED VIDEO



Steve Tries Air

YouTube: Steve Harvey Show

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**AIR Aerial Fitness** is an intense aerial fitness training program that fuses ballet barre work with [yoga](#), [Pilates](#) and aerial silk hammocks.

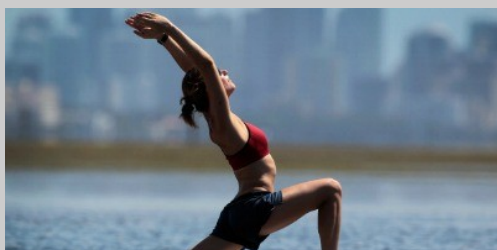
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### Restorative exercise and the training effect

For athletes who are interested and proactive in the maintenance of their bodies, as well as those who are

The space is clean and the silks are fresh, with most classes designed for beginners, lead by super sweet teachers like [Anna Hanson](#), who will walk you through cardio and poses, inspiring you to build a body you love.

AIR also offers specialty courses like The Arms Workshop featuring performance artist and actress [Christina Marie Ward](#).

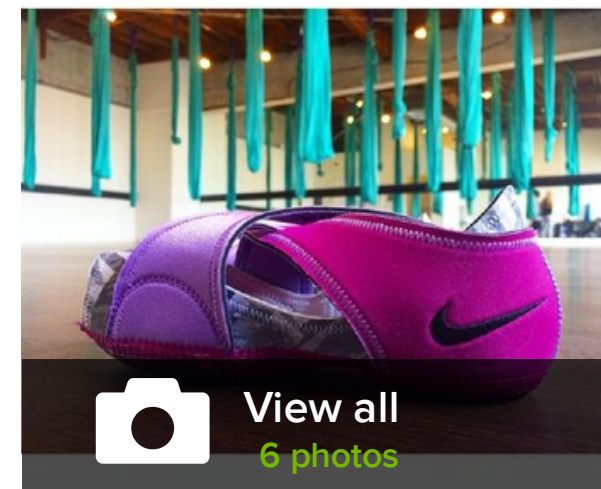
Built on a philosophy that encourages you to follow your dreams, the workout was created by [Shama Patel](#), who left her career as a corporate attorney in Chicago, to start a company that would revolutionize fitness.

Since then AIR has been featured across multiple platforms, including the Emmy Award winning [Steve Harvey Show](#).

He tried it and demonstrated some moves, but AIR recommends you take a Foundation class before moving up to the next level.

Reservations are required, but minors are not allowed, and you should bring your own mat as well as wear yoga-like attire.

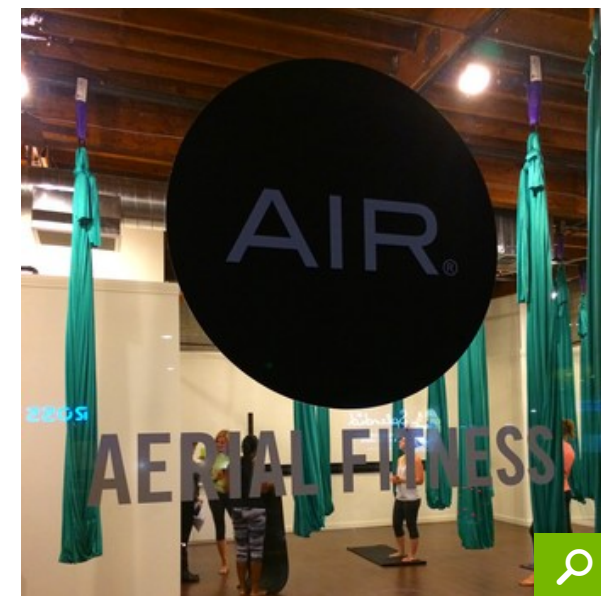
LA plays home to the West 3rd Street location which is in easy walking distance to parking, shopping and food



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6 photos

Aerial Yoga. Just Do It.

Instagram @dancefitnessla



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recuperating injuries, “restorative exercises” are part of the fitness regimen. A...



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should you want to pop into Joan's on Third or something fun after.

The mood of the room is chill and the space is peaceful with plenty of room to practice things like the Lock Jump, a graceful leap that targets your arms, abs and legs.

You will also get a chance to test out AERIAL Burpees, which require you to keep one foot in the hammock as you raise and lower your body, giving you great arms and strengthening your core.

On that note, you won't need cardio after AIR as some students report burning as many as 500 calories a session.

You can also take an AIR Nap.

The **AIR Nap System** involves you laying in a yoga hammock for 25 minutes as you listen to soft music and gently fall asleep.

Many employers are installing them in office as they see this as a way to combat fatigue as well as increase performance as it gives you a quicker, deeper, more satisfying sleep.

Studies show that it also improves health, slims the waist and boosts work performance.

And now that you know there's a better way to relax and get fit, aren't you ready to catch some AIR?

**AIR Aerial Fitness**

**AIR Aerial Fitness Class Schedule**

**Phone:** (312) 288-9614

**Email:** [info@flexandfit.com](mailto:info@flexandfit.com)

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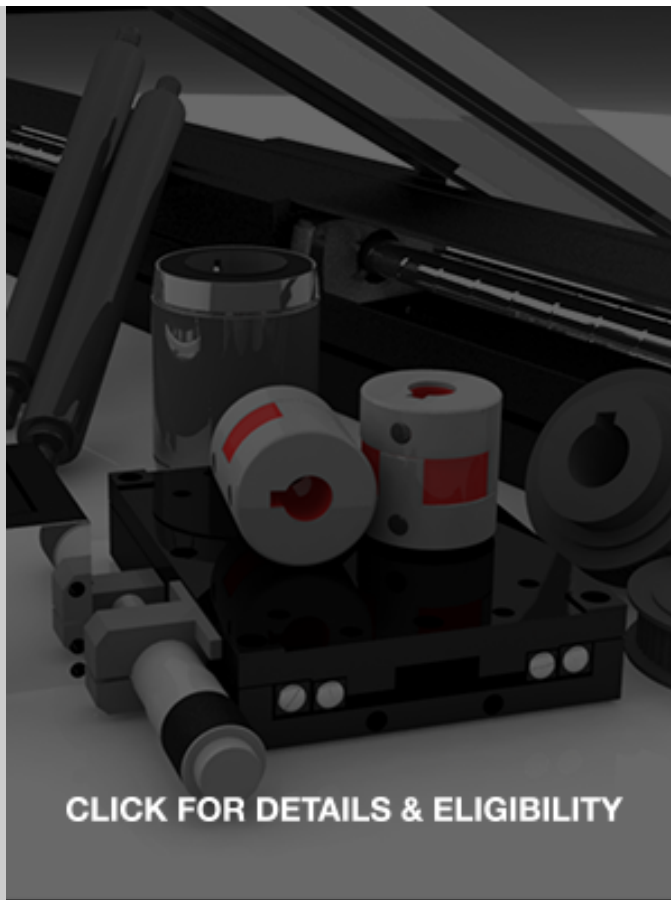


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