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Oakland Tribune, The (CA)

New circus and fitness center opening

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Section: TEST

Cassie Harwood Oakland Tribune

The circus is coming to town by way of the Kinetic Arts Center — a new circus and fitness center opening today in West Oakland that offers a mixture of aerobic and circus-themed classes for children and adults.

To celebrate today's grand opening, free classes will be offered from 10 a.m. to 4 p.m., including courses in flexibility, clowning, Tai Chi, trapeze and yoga. The center also will offer participants a one-day 50 percent discount on all payments for future classes and class-packages.

Co-founder Victoria Angello said the circus themed-classes, in the vein of Cirque du Soleil, are a good source of exercise as well an avenue for those interested in pursuing circus performance. Aerobics classes also prepare students for demanding circus acts like rope and tissue, which requires performers to suspend themselves from hanging rope and fabric.

"The idea is to attract people who are used to taking the more traditional fitness classes and people who are used to taking the more traditional circus classes and to bring them together," Angello said.

The regular cost for circus classes is about \$27 per class and \$17 for aerobics sessions. Eventually, the center will be open from 10 a.m. to 10 p.m., daily. For more information on classes and on the grand opening celebration, visit www.kineticartscenter.com.

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