

"Cathy's classes are wonderful. The right combination of fun and creativity. She's an incredibly patient teacher and really understands how our bodies work. I highly recommend them."

"I love Cathy's teaching style. She walks you through every move until you are confident and proficient on your own, teaching form and safety every step of the way. Her instruction allows each of her students to experience the beauty and gracefulness of aerial dance, no matter their size, shape, or skill level."

"Cathy is a warm, patient, and supportive teacher. She breaks tricky moves into simple steps so that anyone can learn them."

"I began taking Cathy's aerial classes when I was in my mid-50s. It was a lot of fun, great exercise, and really a fun crowd of people. Cathy is a terrific teacher and the environment is very supportive."