

Massey University Albany Aerial Arts Club

Semester 2 this year saw the birth of the Aerial Arts club. Massey Albany's newest sports and recreation club surely has not disappointed its members! Over the past 5 weeks we were able to attend beginner's pole fitness classes. Meeting days are Wednesday evenings, and from the beginning it has been fun, challenging and highly addictive! But don't just take our word for it. Here is what some of our members had to say about their time thus far:

"Because of pole I've achieved two things that I've long admired and wanted to be able to do- which is handstands and climbing up the pole. Its sooo empowering and fun to learn all these new skills in such an awesome environment. The nature of the activity makes you feel a little bit sexy and confident but not in a sexual way if you get what I mean just in a, 'I feel great about me' kinda way. It's been really awesome to be able to experience that!"

- Student member

"It's is a friendly and encouraging environment where it is easy to step out of your comfort zone"

-student member

"A supportive, well organised group that provides a great workout/stress relief."

-student member

"It's an environment that pushes you to be the best you can, it's supportive and great fun"

-student member

It's an amazing club that we are absolutely proud to run. Our main aims are to break stereotypes, try new things, and come together and build some amazing skill, while making new friends and above all have fun!! There is no restriction on height, body size, and body-shape or fitness level!!-Even if you have never done a squat in your life!! We welcome everyone!

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