

# Fitness center in Mission uses circus acrobatics to promote better health



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Learning 2 Fly, Mission KS

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Aerial fitness can be as beautiful as it is challenging.

Accomplished artists can perform all sorts of twists and turns while suspended from colorful silks that are attached near the ceiling.

The hit movie *The Greatest Showman* has spurred a lot of people to try aerial training for fitness. It's great exercise for just about anyone, said Sumya Anani, owner of [Learning 2 Fly](#) in Mission.

"We have women with bigger bodies that want to come in who ask, 'I'm 50 pounds overweight, can I do it?'" Anani said. "Yes, you can totally do it -- everybody starts at their starting point and they get better."

It is good for the brain to try new things, especially as one ages, Anani said.

"You don't even realize you're working out half the time, it's so much fun," Anani said. "Guys love it because of the strength and the climbing; girls like it because certain aspects are pretty, like dance."

Learning 2 Fly offers classes every evening and on weekends.

They also offer services for parties, rentals, camps and field trips.

