

About Us

Altitude Fitness offers the highest quality and most unique fitness classes, in a one-of-a-kind, custom-built studio, designed for safety and style. Our award-winning instructors will lead you through a safe, fun, challenging, & low-impact workout that will leave you wondering why you didn't try us sooner! Our classes are designed for brand new beginners with no previous experience required.

OSHA & ETCP Certified



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Follow us on social media!

FB: @altitudefrisco

Aerial Insta: @altitudeaerialarts

Insta Videos: @thealtitudearchive

Reviews

5.0
RATING



Best place ever!!! Everyone so nice and supportive!
ALL of the instructors are awesome teachers and help
you feel like you can accomplish anything!

Krista

FACEBOOK

I've been coming to Altitude for about 4 months now, and everyone there has been so incredibly supportive and patient! As a larger woman, I was really unsure about my ability to succeed in these classes, but [my instructor] has helped me gain confidence and to push my own ideas of my limits. I have never been in such a caring and supportive environment.

Jessica

GOOGLE

I'm almost 48 years young. Started with aerial yoga then moved to aerial sling. It's been a little over a year and I can't believe how strong I've gotten. I've never had much arm strength, I don't have a gym or dance background but by practicing on the fabrics and with the amazing teachers at altitude it just starts to come. Little by little you get stronger and stronger!

Nicole

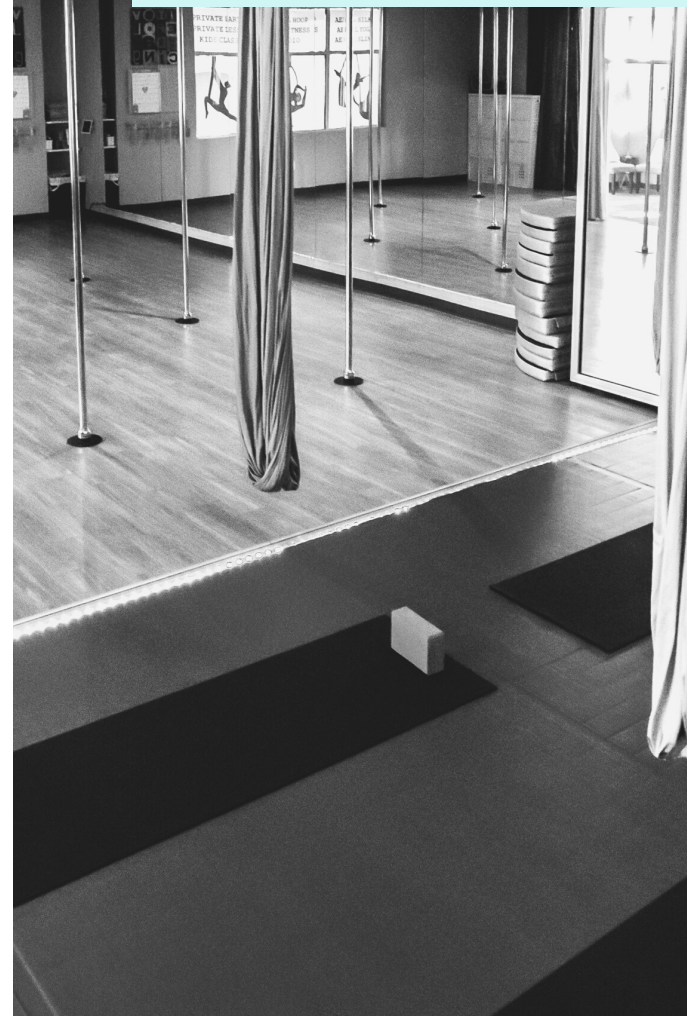
FACEBOOK



altitude

POLE FITNESS & AERIAL ARTS

*Fun, circus-inspired fitness
for everybody.*



our services

POLE FITNESS

Whatever your style, we have a variety of classes to choose from. Our Level 1 classes start with basic beginner foundations.

Where you go from there, is up to you!! Maybe branch out to sporty, dance, flirty, exotic or flow classes.



More info on our website about:

- Parties
- Kids Circus
- Private Instruction
- Class Schedule
- Specials & Memberships

AERIAL FITNESS

Our unique aerial arts program is designed for teens & adults 12 and up, brand new to aerial arts. Our intention is to give you the opportunity to share the experience of aerial arts in a fun and safe environment. Our motivated trained staff is always available to help you reach your goals.

Aerial Yoga

Flex, float & fly in our aerial yoga classes! Aerial fabric tied to create a natural seat, is used to support the flyer and assist in proper pose alignment and spinal decompression.

Aerial Silks

Gain strength and increase flexibility learning to wrap, climb, spin, twist and drop, all while suspended in fabric. Silks are tied in the center and two tails hang down.

Aerial Sling

Tied to create a natural seat, or "hammock" aerial sling is a relatively new and very approachable aerial fabric style. More acrobatic than aerial yoga, you will quickly gain strength and aerial confidence.



Lyra Hoop

Circular steel apparatus resembling a hula hoop suspended from the ceiling, that circus artists perform aerial acrobatics. A beautiful and traditional circus art.

Rope

Aerial Rope (also known as Corde Lisse) is an aerial circus skill or act that involves acrobatics on a vertically hanging rope. Rope technique is closely related to silks, which is why we request aerial silks training prior to attendance.

Additional classes include:

- Conditioning
- Flexibility
- Open Gym

Free with any membership package!