



LILY Q.

Gymnastics and Sports Background:

Gymnastics and competitive dance, aerial silks, tennis and yoga!

About 5 years ago Lily discovered aerial artistry and was hooked! She began training daily and did her first professional performance in Las Vegas shortly after.

Experience Coaching and Working with Children:

Teaches children and adults. Lily has been teaching yoga for over 7 years.

Lily has taught a wide variety of classes such as yoga, yoga sculpt, Zumba, barre, kids yoga, aerial yoga, and kids aerial yoga.

Professional Facts:

Performs aerial silks and circus. Visit her website here: lilygracequirk.com

Other FUN Facts:

Loves eating yummy food.

Certifications:

Has 500 hours of YogaWorks teacher training and 50 hours of professional aerial training. CPR certified and has completed an online U100: Fundamentals of Gymnastics Instruction.

Favorite things, animals, food or colors: Puppies!