

Art & Life

...it's Evanston

The Actor's Gymnasium

927 Noyes Street

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www.actorsgymnasium.com

Best known for its circus and aerial arts classes, The Actors Gymnasium is really much more. Dedicated to the education and development of physical theatre artists, The Actors Gymnasium produces original works, offers workshops, camps and classes throughout the year, and provides event entertainment.

The Actors Gymnasium was founded by Tony Adler, Carlyle Coash, Larry DiStasi and Sylvia Hernandez-DiStasi in 1995 with the goal of developing theater professionals with the skills and tools needed to create more exciting and unique theater.

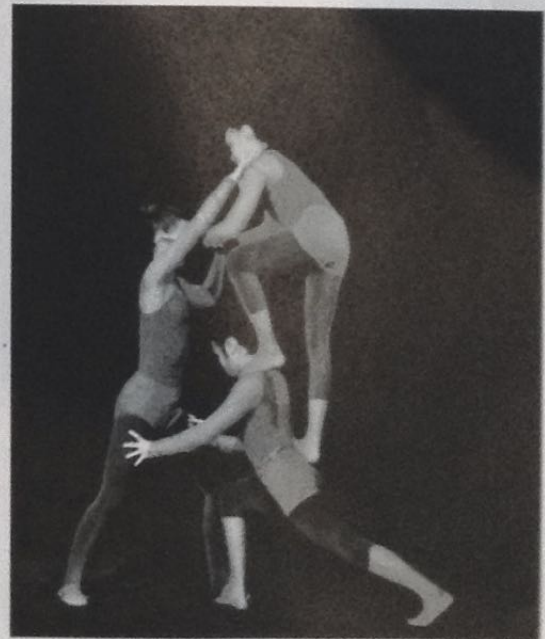
"We call ourselves a physical theater school because we use our bodies to tell stories," says Ms. Hernandez-DiStasi. "Across the country, there are a lot of circus schools and a lot of acting schools, but our unique program combines the two. We take circus arts, drama and dance and put it all together as a form of expression."

Some new classes offered this year include Body Percussion, in which students learn new ways to make rhythm using the body by beatboxing, stomping, and movement inspired by rhythmic dance. Also new is Drum Theatre, an ensemble drumming class in the spirit of Stomp! and Blue Man

Group. It focuses on percussive expression, movement and story telling.

Classes are available for people of all ages and skill levels. Ms. Hernandez-DiStasi says she has taught students from the age of 2 to 82.

"Physical theatre is great for everyone interested in strengthening, stretching and flexing their creative muscles," says Ms. Hernandez-DiStasi.



Students at The Actors Gymnasium learn how to build a human tower. The exercise requires trust, agility and balance.

Photo by Kate Tabor