



**FOR IMMEDIATE RELEASE**

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**The Actors Gymnasium presents ISOLATED:  
An original, online circus theatre production  
directed by Kasey Foster and Sylvia Hernandez-DiStasi**

Evanston, IL, May 4, 2020 — Actors Gym is pleased to announce “Isolated,” its annual Spring Youth Circus, which has been devised through an innovative online rehearsal process. It features 28 of its top youth performers working under the direction of Kasey Foster and Sylvia Hernandez-DiStasi. The show will be screened online on May 16 and 23 at 7:30pm.

*Isolated* invites audiences to step into our bedrooms and learn what being a teenager amidst a global pandemic is like. The show searches for joy in the simplest of things in an effort to cope with the tremendous challenges of this moment.

For the past six weeks, the directors and cast have been rehearsing regularly via Zoom, getting creative, and using their acting, musical, and circus skills and everyday objects to create this theatrical endeavor.

“We’ve been thrilled with the response we’ve received from families,” says Artistic Director Sylvia Hernandez-DiStasi. “I’m so grateful that we’ve been able to stay in touch with our community and help give students a sense of normalcy. It’s been a really cathartic and hopeful creative process.”

Anyone interested in receiving notification reminders for the event can sign up on the Gym’s Facebook page: [www.facebook.com/ActorsGymCircus/](https://www.facebook.com/ActorsGymCircus/)

On Monday, Actors Gym also launched its lineup of May classes, providing online instruction in subjects ranging from Juggling to Aerial Conditioning and more. For over a month now, the Gym has been offering its programming online to hundreds of students of all ages across the country.

Classes meet over Zoom and are \$15 per drop in, or \$50 for four weeks. Registration is available at [actorsgymnasium.org](http://actorsgymnasium.org), and financial aid is available.

### **About Actors Gym**

The Actors Gymnasium is one of the nation’s premiere circus and performing arts training centers, led by master teacher and Circus Ring of Fame artist Sylvia Hernandez-DiStasi. Founded in 1995, it provides educational programs for students of all ages and levels, produces

original and daring circus-theatre, and offers award-winning entertainment for corporate and other special events.

Actors Gym is proud to partner with many performing arts organizations throughout Chicagoland and serves as the exclusive provider of circus performing arts training for Lookingglass Theatre.

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