

# House of Circus FITNESS



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## Technical fiche

Fitness is an interactive workout  
feel comfortable in your neon spandex again  
Life is 50% 5,6,7,8 and 50% giving 100%

### ARTISTS

Nick van der Heyden +31 6 57 57 69 66 (EN, NL, GE)  
Germain Charlat +33 7 68 93 72 89 (EN, FR, ES)

### TRANSPORTATION

1 car (license plate 21 XF VZ) - Transportation is agreed with the organizer

### AMOUNT OF SHOWS

We can perform the show fitness up to 3 times a day. We can discuss together about performing it more times in a day on specific conditions and schedule management.

Travel up to 250 km from Amsterdam = 2 shows minimum in 1 or 2 days consecutive

Break time in between shows: minimum 40 min

### AUDIO

Music piece	Right Owner	Duration	
Title	Composer / Group	Minutes	Seconds
Dr beat	Gloria Estefan and Miami sound machine	6	28
Pump up the jam	Technotronic	5	20

### TECHNICAL

-**Stage dimension:** Minimum 4x3m (width x depth). If the space doesn't meet our minimum requirement, feel free to check with us so we can explore what's possible together.

-**Stage** that is reasonably flat, free of holes, and suitable for a fitness class performed in stiletto heels.

\*In case of doubt, consult with us at least 48 hours before the show to confirm that the stage meets these requirements.

-**Audio system** adapted to location, with the possibility to connect to the phone (Bluetooth or minijack) directly from the stage

-**Microphones:** In case our voices need to be amplified on the performance location (large crowd, open space, wind...), we need two microphones (handheld or headset), provided by the organizer.

-**Technician,** We are able to do our own technique during the show if a minijack-cable is pre-set on stage. If the use of microphones is needed due to the surroundings, we would need a technician arranged by the organizer..

-**Dressing room:** walking (in heels) distance from location

**-Build up:** 20 minutes to set up, space our show on site and if needed talk over the Cue's\* with the technician.

**-Performing in the street:** Due to unfortunate physical and verbal queerphobic assaults that we had encountered in the past, we request a person to be present at all time with us in public spaces (during show and from the backstage to the stage)

**WEATHER CONDITIONS:**

-Performances cannot take place in the rain. In the event of rain, please reach out to us so we can find a suitable solution together.

-Performance Guidelines for High Temperatures:

During high temperatures, please note that our performance involves physical activity for both the artists and the audience. Ideally, we perform in the shade, but if this is not possible, please avoid scheduling performances during summer peak heat hours (12:00 to 16:00). We will work with organizers to find alternative locations or times if necessary, always prioritizing the safety of the audience and artists.

Note: Artists wear heavy wigs, padding, and high heels during performances.

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Any question, send us an email: [companyhouseofcircus@gmail.com](mailto:companyhouseofcircus@gmail.com)

You can also have a better idea of the performance on [our website](#) our on [our socials](#)