

# Class Descriptions

## **Mixed level:**

To attend, you can be a complete beginner or very advanced. The instructor will cater to all levels and make sure you receive support in your learning.

## **Self Training:**

Students are to use this class to work on moves they already know. There is an instructor present to warm up and cool you down. You will not be taught anything, and you should not require spotting.

## **Level 2-3:**

As a student, you are already able to do all the basic moves (spins, seats, climbs etc.) with ease

## **Beginner Block Course:**

An 8-week course designed to give you the skills and fundamental basics of pole fitness and dance. You will learn spins, seats, climbs, body rolls and how to perfect that hair flick !!

## **Beginner level 1 - 2:**

The is a class designed for new students who may not want to do the block course. The class is our regular price and will not have the same discount as the block course.

## **Beginner level 2:**

This class is designed for the students who have completed the beginner block course - it is a way to induct you into a regular class with people you know.

## **Kids Pole Sport:**

Students will be guided and supervised through warm-ups, cool-downs, conditioning AND learn basic pole sport moves. Our kid's class design is to keep children fit and active, but most of all, we want them to enjoy themselves and have as much fun as possible in a safe environment. Ages 7 - 16

## **Move your Body:**

Move your body is a focus class - students must be competent in the basic moves of pole. Each month there will be a new focus topic announced via social media. The goal is to help you achieve a skill within a month.

## **Private bookings:**

These are reserved for any private training you would like with an instructor (\$60 per hour). Functions including but not limited to: hens parties, Stag- dos, team building, Christmas functions. Pricing available via enquiry.

