



POLE FITNESS CLASSES

① -level 1

② -level 2

A -all levels

 -knee pads: bring yours or borrow ours

 -heels allowed

POLE INTRO w/ Melina

A new student's first stop. Whether you have ever touched a pole before, or you are a pole fanatic... this is our homebase! You'll learn basic holds, review spins and get comfortable with grips.

Every student is expected to take 4+ Intro to Pole classes before moving to Level 1/All Level classes.

POLE FLOW

Pole Flow is about learning to move with fluidity and grace. Students will learn tricks and combos with a strong emphasis on flowing between moves. This is a more artistic, dance-focused class compared to Tricks & Combos.

POLE TRICKS & COMBOS

Pole Tricks & Combos is about learning moves and how to use them in combos. This class emphasizes progressions from tricks, transitions, and combos.

POLE CONDITIONING

For students looking to build their strength for pole, this is the class! In Pole Conditioning, students will learn conditioning moves and build their strength to unlock higher-level skills.

POLE CHOREO

Pole Choreo focuses on movement, floorwork, and dynamic floor-to-pole transitions. You'll be learning how to combine single movements together while staying on the pole rather than on-the-pole-off-the-pole tricks.

-Choreography classes are open to students who have not attended Pole Intro.

THEMED POLE CHOREO

Themed Pole Choreo focuses on choreographed floorwork, and floor-to-pole transitions, while learning dances to full songs. It builds off of Pole Flow classes. Learning what to do when you are not on the pole is just as important as what you do on the pole.

Embrace your performance: dress up to empower the pole, primp the hair, and don't forget the heels!

-Choreography classes are open to students who have not attended Pole Intro.

POLE INVERTS

Pole Inverts is the class for students that are ready to learn to invert, or are already inverting and want to hone their skills. Pole Inverts is focused on building the strength to safely get yourself upside down.

WHO IT'S FOR: You are ready to learn / wanting to advance your upside down abilities