

pole dancing

A POWERFUL WORKOUT FOR THE MIND & BODY

"I started dancing with Debbie well over a year ago and although initially I just went along with a friend for a bit of a giggle I was quickly hooked. Not only did the classes build my physical strength it also dramatically increased my self confidence and general well being. I remember in the first lesson thinking 'there's no way I can do that!' as I watched a more experienced student gracefully spiral around one of the poles, but with Debbie's instruction, perseverance and determination everyone achieves what they fear is impossible."

WHAT DO I WEAR & DO I NEED TO BRING ANYTHING?

Shorts & t-shirt, no footwear initially. Apart from that just bring a sense of humour!

WHO IS IT FOR?

Anyone. Absolutely any age, shape, size, ability or sex. Men are welcome and if demand is high enough a separate class will be arranged to meet the male need!

HOW LONG IS THE COURSE & HOW MUCH DOES IT COST?

The course is for 9 weeks and costs £12 per class which must be paid up front in full. On week 9, if they wish, everyone will have the opportunity to perform in front of their chosen guests.

WHEN ARE THE LESSONS?

We are holding evening, weekend and weekday courses at Westside Health & Fitness Club. The next courses will be commencing mid October.

HOW LONG IS EACH LESSON & WHAT WILL I BE DOING?

Lessons last a good hour, each week you'll be learning new pole moves. Essential yoga stretches will be taught by Sue Neate and incorporated throughout each session to compliment and help improve technique.

Who will be taking the lessons

I'm **Debbie** and have been teaching pole since I first brought it to this area over 2 years ago. Having taught many group and individual classes at most of the major gyms in the area I gained a valuable insight on how to ensure a professional standard yet at the same time keeping the atmosphere relaxed and fun.

Flexibility plays a major role in pole dancing and it is because of this I have joined forces with **Sue Neate**, a well known and respected yoga teacher. Having taken part in many classes herself this gives Sue a valuable insight as to what's most beneficial each lesson.

Both Debbie and Sue are fully insured and in addition Sue is a qualified sports therapist and masseur.

TO BOOK NOW CALL DEBBIE 07768 764926
CLASSES • HEN PARTIES • GIRLS NIGHT OUT • PRIVATE ONE TO ONE TUITION