

Dance Fitness - Pole Fitness Classes @ SNAP

***WHERE:*** SNAP FITNESS STARR’S MILL LOCATION

***WHEN:*** **FRIDAYS @ 8:30PM: Rookie (Beginner) Pole**

**SATURDAYS @ 11:30 AM: Pole Fitness**

**SATURDAYS @ 1:00 PM: Intermediate (NOT Beginner) Pole**

***WHAT:***

**Pole Fitness:** “Pole Boot Camp” - Strengthening and toning exercises/drills using the pole and YOUR own body weight, and learn/practice various tricks and spins. “Killer Abs” session and stretch.

**Rookie Pole:** Basic techniques, one trick, one spin, some transition moves, practice time involving one on one time with instructor, then put it all together in one routine to a HOT song!

**Intermediate/Advanced Pole:** Approval is required for this class. This one is NOT for the beginner! (Advanced class includes many aerial and inverted tricks, spins, and transitions.)

***WEAR:*** Workout clothes, shorts preferred, ***NO JEWELERY (rings, watches, bracelets)***

**\*NO LOTION OR OIL ON BODY!\* (For YOUR safety as well as success)\***

***WHO:*** ALL AGES!!! BRAND NEW, beginner, intermediate, advanced and professional levels.

***HOW:* MUST *PRE-REGISTER* at facebook.com/dancefitnessptc or**

**call/text 770-361-0425 or email** **dancefitnessptc@gmail.com**

**$10 for first class, $15 per class –**

**Class Bundles are 5 classes for $65, 10 classes for $120**

**\*One-on-one sessions available and private group sessions available for events such as Birthdays, Bachelorette Parties, or Girls Night Out!\***

\*Newbies are welcomed with open arms to a ***positive*** environment.

***NO negativity allowed!!! \* LAUGHTER is encouraged!!! \****

**Snap Fitness-2905 Redwine Road, Fayetteville, GA 30215**