



Rules and Regulations

- You must always follow instructions from Simone
- Allow the instructor to fully explain and demonstrate moves before attempting them
- Remain quiet and listen while the instructor is addressing the class
- Take turns if you are sharing a pole with a fellow student
- Do not attempt any moves that you feel is out of your ability
- Do not attempt any move that you have not been instructed in by Pole Fitness with Simone. If there are specific moves that you would like to try, please inform your instructor. Do not attempt new moves without direct supervision from your instructor
- Do not accept instruction from fellow students in class. (This applies both ways, do not attempt to show another student a new trick or skill in class)
- Stand clear of the pole when it is not your turn, or when moves are being demonstrated by the instructor
- Do not apply moisturiser, lotion, fake tan, or oil to your skin on the day of class. They can transfer to the pole and make it dangerous for you and anyone else using the pole. You may be asked to sit out from your class.
- Jewellery must be removed. Remove all rings, watches, and bracelets before using the pole. Any jewellery not able to be removed must be covered with tape
- Wear suitable attire to all classes. It is best to wear something comfortable, but form-fitting. Shorts are required so your legs can grip the pole.
- Inform the instructor immediately if you believe the pole to be loose, or if you have any concerns about it
- Cleaning products will be provided to keep the pole free of grease. Check the pole before your turn to avoid slipping.
- Take care of your own belongings, Pole Fitness with Simone cannot be held responsible for any items brought to the studio
- Return pole cleaning cloths and products to Simone at the end of class. Tidy up after yourself.
- No chewing gum is permitted in the studio

Most importantly – HAVE FUN!