



Media Release

Want to look like a Desperate Housewife?

Follow in the footsteps of stunning Desperate Housewives star Teri Hatcher and get slim and sexy with Australia's first homegrown pole dancing DVD.

The **shemoves** DVD (\$34.95 plus postage and handling) features two 26-minute workout routines based on the moves of professional exotic dancers.

Created by the co-founders of **shemoves** pole dance studios - Kelly Bannister and Britt Bailey Kerber – the DVD features both polemoves and lapmoves routines.

“Australian women have fallen in love with these fitness programs,” says Kelly.

“Now they can get all the stretching, toning and cardio benefits at home and you don't need even need a pole to take part.”

Britt, herself a former exotic dancer, said a solid session of pole dancing could burn up to 250 calories.

“On top of all the health benefits it's heaps of fun,” she said.

shemoves workouts combine yoga, belly dancing, pole dancing and classic sensual dance moves.

Order online at shemoves.com.au or call 1300 789 103

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