



That sensual peeling



SHEMOVES Pole Dance Fitness Studios have developed a new exercise program, Smoulder and Burn, which combines pole dancing and striptease into an aerobics session, owners Britt Bailey-Kerber and Kelly Jay say.

Kelly said Shemoves dance fitness classes were designed by women, for women, with no restrictions on age, weight or height.

"Participants not only gain the benefits of a firmer, more flexible body but also learn to think about their bodies as sensual instead of functional," she said.

Call 9450 2425 or visit www.shemoves.com.au.

Courses held at Mezzio House