

shemoves in the news!



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Where you from? You sexy thing!

Let's face it, Demi Moore was pretty sexy in the movie Strip Tease, in fact the rest of us sat back thinking, OK for her with a body like that and sex appeal way before the pole.

But Pole Dance Fitness is no longer just for the movie stars, Shemoves pole dance fitness studios has designed a programme that suits the modern day woman, and it's as sexy or as tame as you want to make it.

Maybe you're a mum and feel more like Mrs Brady than Demi Moore? Well why not get fit sensually. Kelly and Britt have years of experience between them in both sensual dance and fitness, so they make Pole Dance Fitness fun whilst teaching you the tricks of the trade.

This is a modern day centre which also runs lap-dance classes. I know what you're thinking - No Way! but be honest, it's a great birthday present for your partner and also makes a good gift voucher!

These are women's only classes so there's no embarrassment, instead the qualified instructors can teach you comfortable self-expression.

Pole Dance Fitness classes are only \$15 per session or \$11 for class passes and the lap dance class is \$55 but includes a night out and much more.

Why not give it a go - you know you want to!

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A photograph of a woman with long dark hair, wearing a black leotard, performing a pole dance move on a vertical silver pole. She is in a dynamic pose, with one leg hooked over the pole and her body arched. The background is dark.