



eye4:health

SHE MOVES

If you're yet to find a form of fitness that's different, fun and interesting, then pole dancing might be just what you are looking for. She Moves is the latest fitness program that combines Yoga and Pilates with erotic dance for women who want to express themselves, feel confident and get fit in the process. Britt Bailey-Kerber and Kelly Jay are the brains (and brawn) behind the sexy dance program, which has attracted people from different backgrounds and age groups ranging from 18 to 70.

"It's the creative genius of my business partner Brit and she has many years experience as an exotic dancer," says Kelly. "She danced in San Diego and Las Vegas so it's actually a creation from her dance perspective and my fitness background, so the combination's worked. A lot of the girls use the pole moves for toning, especially for the upper body, because being a woman it's harder to get that area toned up."

Pole Moves for beginners is a six-week course run one and a half hours a week over six consecutive weeks, then you have the option of moving on to intermediate and advanced classes. "It's a very safe, non-judgmental environment where people can just come and express themselves and have fun," says Kelly. Phone Kelly or Britt on (08) 9450 2425.

