



POLE YOUR WAY TO FITNESS

A sexy new fitness craze has hit Perth – pole dancing. Yeah, you heard right. The She Moves program has developed a new exercise routine, which combines elements of yoga and pilates with the distinctly feminine allure of eastern dances (like belly-dance) and the natural, sensual movements of erotic and pole dance. This provides participants with a toning, fat burning session, which will also increase flexibility and energy levels for women of all ages and sizes. For more info, phone (08) 9450 2425 or 0418 832 882.