

shemoves in the news!



fitness

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advertising feature

POLE AND STRIPTease DANCING FOR FUN AND FITNESS

shemoves Pole Dance Fitness Studios of Leederville and Fremantle have developed a new exercise program called Smoulder and Burn pole dance aerobics which combines classic pole dance and strip tease in a workout session designed to raise a sexy sweat.

Sensual yet demanding, Smoulder and Burn pole dance aerobics provides participants with a toning, fat burning session which will increase flexibility, self esteem and energy levels.

The friendly, caring and approachable instructors create a safe environment in which women can learn, exercise and unleash their inner goddess.

shemoves also offers pole dance courses, striptease lessons and lap dance classes, providing a package of fitness, dance and self expression.

The shemoves program is available to all women – there are no restrictions on age, weight or height, with the oldest student a 70-year-old.

Thanks to Perth women Kelly Jay and Brittanica Bailey-Kerber, pole dancing has become a new and sexy way to get fit in a non-judgemental,

safe environment.

Although shemoves classes promote female sensuality, Ms Jay said there is not a pair of stilettoes or hotpants in sight. shemoves' main aim is to give women fitness and self confidence.

"It's a ridiculously fun way to get fit," Ms Jay said. "You can feel like a kid, a superhero and seductress at the same time."

Classes offer moves which are less sharp and square, unlike regular fitness workouts.

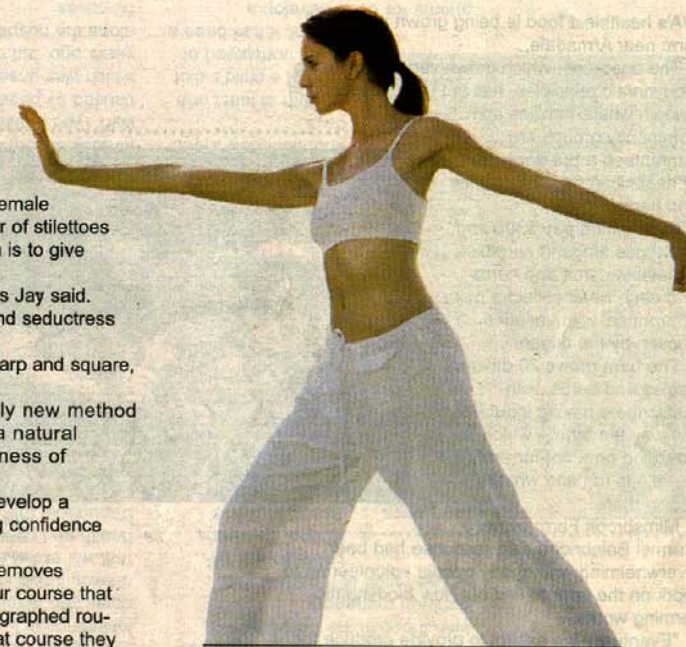
They provide women with an entirely new method of moving and exercising which has a natural synergy with the curves and gracefulness of female movement.

According to Ms Jay the participants develop a healthier and stronger body while gaining confidence about themselves and their moves.

The most popular course is called "polemoves beginners", which is a six-week, nine-hour course that teaches different pole moves and choreographed routines. When students have completed that course they

can enrol in intermediate and advanced classes or do the beginners class again as many times as they like for half price.

shemoves offers group and private classes, which are taught by highly experienced staff, who make clients feel relaxed and confident about what they are doing.



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