



VITA
HEALTH & WELLBEING

POLE DANCING PERTH STYLE

Ryan Emery investigates the new fitness craze sweeping the city.

Guys – ever experienced a moment when time stands still, when you become so focussed a plane could land next to you and you're afraid to move because you don't want to startle the beautiful creature in front of you?

If you have, you've been hunting or had a lap dance. Hopefully, you didn't have to pay for it – the dance that is. So thank the Gods of exercise, because one of them sent a seed of inspiration to sow in some ex-sensual dancer's mind and the exercise form of lap, pole and strip dancing became enormously popular.

Admittedly pole dancing for exercise isn't particularly new but it is something that should never become a fad.

Let body jam, combat, dance etc go the way of Jane Fonda videos and women please embrace pole dancing. Not for the sake of men, but for your own benefit (okay, maybe a little for the men).

At shemoves studios, Britt Bailey-Kerber, class instructor and part-owner with Kelly Bannister, says women learn confidence first before they master sensuality. Bailey-Kerber spent 13 years as a sensual dancer; at first, to bolster her confidence but then she became hooked on the dancing.

"I enjoyed the dance, it was the dance that kept me there," she says. She acknowledges the fitness aspect of the moves, but readily admits there is no ignoring their sensual origins.

So grab a girlfriend, leave your inhibitions at the door and find out what's so special about a 'gentleman's club' and how you can do better. **VITA**

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