

shemoves in the news!



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A new twist on Top End fitness

TERRITORY men look out, women are learning new moves.

A fitness and dance studio with a difference has opened in Darwin – teaching Top End women the art of pole and lap dancing.

Shemoves in Parap, a custom-designed dance studio with in-built poles, is offering classes in “sensual dance”.

Owners Britt Bailey-Kerber and Kelly Bannister said the school aimed to give women confidence.

“It’s about confidence using sexual dance,” Ms Kerber said.

“Most of the women find overcoming their inhibitions and expressing themselves in a sensual way is very addictive – feeling sexy is addictive.”

More than 50 women, ranging in age between 18 and 60, have tried classes at the studio, which opened last week.

Ms Bannister said the classes combined pole dancing moves with pilates and other exercise disciplines.

“The focus is on fun and fitness,” she said.

“There’s no stiletto heels or hot pants – it’s a shorts and T-shirt environment so it’s not sleazy.”

Recreational pole dancing has taken off in the US.

Ms Kerber and Ms Bannister have come to Darwin after running successful studios in Perth.

— ERIC TLOZEK

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