



# POLEMOVES

**she**moves  
DANCE FITNESS STUDIOS

# POLEMOVES

Want to get sexy and strong?... Polemoves pole dance courses are definitely the class for you! Polemoves is Shemoves' original and most liberating pole dance class, and it will help tone and strengthen your abs, bottom, thighs and upper body, and will definitely increase your cardio fitness, too! Best of all, Polemoves courses build more than just fitness; they build confidence and a keen respect for what it is to be a woman! The best way to describe the feeling you get from learning to spin is "I feel like a kid, a superhero and a seductress all at the same time"!

There are 9 levels of Shemoves' Polemoves suite of courses, and whatever level you aspire to, the Shemoves team can guarantee a lot of fun while getting an intense workout. Just a word of warning, though - most find it's a case of 'one spin and you're hooked'!

Here are the 9 levels of the Polemoves Suite of pole courses:

Level	Length	Focus	Cost
BEGINNERS	8 hours*	Technique, coordination, foundations & fun	\$220**
INTERMEDIATE	8 hours*	Intense, creative, flying and climbing	\$220**
ADVANCED	8 hours*	Acrobatic, letting go, hanging & free	\$220**
EXTREME SILVER	8 hours*	Transcending, progressive & daring	\$220**
EXTREME GOLD	8 hours*	Stunning, athletic & expert	\$220**
EXTREME PLATINUM	8 hours*	Unlimited strength & pole mastery	\$220**
ULTIMATE ONE	8 hours*	Doubles fun, breath taking & twisty	\$220**
ULTIMATE TWO	8 hours*	Awe inspiring & wow!	\$220**
ULTIMATE THREE	8 hours*	World class & sensational sequences	\$220**

\* Each Polemoves level/course is 8 hours long and runs as a 1hr 20 minute class each week for 6 consecutive weeks

\*\* Half price (\$110 for repeating students)

## What to wear

Dress up, dress down, fancy dress ... whatever you like, as long as you are comfortable and cool enough to spin, strut, split and hang! All our routines are initially taught in bare feet to keep you safe whilst you are learning. Our Instructors wear high back or racer back tank tops as well as our own Shewears™ Poledancer® shorts or three quarter length pants which are available for purchase at all studios as part of our exclusive Poledancer® range of dance fitness wear.

## What to take

A sense of adventure and a healthy dose of fun - plus a small hand towel and hair tie for the sexy sweat you are guaranteed to work up. Bottled water, sports drinks and healthy snacks are available for purchase at all studios.

## Poles

Shemoves fully portable poledance poles are available for purchase. Please call 1300 789 103 for more information or to place an order or visit: [www.shemoves.com.au](http://www.shemoves.com.au)

## Teaching style

All Shemoves classes are fun, beautiful and dynamic. The environment and the teachers are warm, friendly and encouraging. You don't have to have a dance background of any kind to start classes and all our teachers hold qualifications in dance as well as in fitness so you are in sexy, safe and very understanding hands! One of the most popular benefits of our classes is the muscle toning and body sculpting which happens quickly and reconnects you with the confident and powerful woman you know you can be.

## Location and contacts

Shemoves dance fitness studios are for women only. We have studios located North of the river (Joondalup), South of the river (Canning Vale) and three big studios centrally located on one site in East Perth. See below for studio addresses and contact numbers:

**shemoves**  
DANCE FITNESS STUDIOS

### Perth

183 Lord Street  
Perth, WA 6000

T 1300 789 103

F 08 9228 9487

E [welcome@shemoves.com.au](mailto:welcome@shemoves.com.au)

### Joondalup

1/12 Ascari Lane  
Joondalup, WA 6027

T 1300 789 103

F 08 9228 9487

E [welcome@shemoves.com.au](mailto:welcome@shemoves.com.au)

### Canning Vale

1/78 Catalano Circuit  
Canning Vale, WA 6155

T 1300 789 103

F 08 9228 9487

E [welcome@shemoves.com.au](mailto:welcome@shemoves.com.au)

[shemoves.com.au](http://shemoves.com.au)