



SHEPARTY

shemoves
DANCE FITNESS STUDIOS

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Why not let us throw you a Sheparty! Sheparties are the perfect excuse to get the girls together and laugh yourselves silly as your Instructors guide you through a 1 or 2 hour party designed just for you. A variety of themes and dance styles are available for your Hens party, divorce party, birthday, girls night or work/team get together in our custom built studios. Check out great theme and party options on our website www.shemoves.com.au

Want us to come to you? No problem! Have pole, can travel! Our portable pole dance podium is easy to set up in most locations for your very own hour long Pole Dancer Home Party. Included is a sexy pole dance and a fun lap dance routine and the best thing is no experience is required.

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

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:

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DANCE FITNESS STUDIOS

Perth

183 Lord Street
Perth, WA 6000

T 1300 789 103

F 08 9228 9487

E 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

Canning Vale

1/78 Catalano Circuit
Canning Vale, WA 6155

T 1300 789 103

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