



# 2024 Beginner Friendly Holiday Workshop Descriptions

## 2024/2025 (60 minute classes)

**Beginner Climbs and Combos:** Join us for an exciting class where you'll conquer the basics of pole climbs and start linking them into smooth, dynamic combos! Perfect for beginners, this workshop will build your strength and boost your confidence while having a blast on the pole. Let's get climbing and combining!

**Beginner Low Flow:** Join Nomes for a fun and fluid introduction to low flow! In this workshop, you'll learn the basics of floor work and seamless transitions from pole to floor. Perfect for beginners, this class will help you build your confidence and flow while focusing on graceful movements and transitions. Whether you're new to pole or just starting to explore floor work, this workshop will set you up with the skills to move smoothly and confidently!

**Beginner Aerial Hoop:** Discover the elegance and excitement of lyra, the mesmerising art of aerial hoop! This beginner-friendly workshop focuses on building strength and mastering foundational skills. Perfect for those new to aerials, you'll learn beautiful moves and create a strong base for your lyra journey.

**Beginner Spin Choreo:** Perfect for those new to pole or beginner students looking to try something fresh! Learn foundational spin pole tricks from our beginner curriculum and combine them into a fun, flowing routine. A supportive and exciting way to explore spin pole!

**Beginning to Look a Lot Like Pole-Mas (Low Flow Pole):** Celebrate the season with this festive low-flow workshop! Join Casey for basework and floorwork choreography set to Michael Bublé's "It's Beginning to Look a Lot Like Christmas." Perfect for spreading holiday cheer while honing your sultry flow.

**Cardio Party (FREE):** Kick off 2025 with energy and excitement at our free cardio party! Join us for a fun, high-energy session designed to get your heart pumping and your body

moving. It's the perfect way to start the year strong and reconnect with the Pole Gym community. Let's sweat, smile, and celebrate together!

**Christmas Cabaret!** Think the Radio City Rockettes, La Showgirl, Le Moulin Rouge... This Broadway-inspired cabaret class combines elements of Ballet, Jazz and Musical Theatre while incorporating the showgirl technique of dancing in heels. The choreography is festive, cheeky and sharp with added stylish movements. You are welcome to wear low heels or just barefoot.

**Christmas Twerk (Jess):** Tis' the season to twerk! Join Jess for a beginner friendly twerk and booty holiday workshop! Learn your first twerks, booty rolls and pops! Then incorporate your moves into a fun and Christmas-sassy routine! Song: Wind It Up (Gwen Stefanie).

**Classic Christmas Heels:** Join us for a beginner friendly x-mas pole workshop that will cheer up even the grinchiest of characters. This cheeky burlesque inspired routine uses a feather boa as our prop and is designed to be performed in heels. Come dressed in your sexiest x-mas attire! Song: 'You're a Mean One Mr Grinch' by The Nashville Cast

**Classic Christmas Tease:** Put the X in X-Mas with a timeless and tantalising striptease to *Merry Christmas Baby* by Elvis Presley. Eddie will guide you through a sultry, sophisticated routine focusing on the tease—slow reveals, lingering glances, and irresistible moves that leave them wanting more. Perfect for all levels, this class celebrates the art of sensuality and confidence. Bring a robe, shirt, or layers to peel away, and let your inner seductress shine this holiday season. Xoxo!

**Contemporary Dance:**

Explore the art of movement with Kaitlyn in this creative and dynamic contemporary dance workshop. No pole—just pure expression. Dive into artistic, jolty, and powerful choreography that challenges your technique and awakens your creativity. Perfect for dancers looking to embrace the raw and unpredictable energy of contemporary dance. Song: Elastic by Joey Purp

**Contemporary Floor:** Join Kaitlyn for a workshop focused on contemporary dance floor techniques, performed without the pole. This class emphasises fluidity, body awareness, and expressive movement as you explore different ways to connect with the music and your own body. It's a great opportunity to improve flexibility, strength, and your overall floor work. Suitable for all levels.

**Contemporary Pole Choreo:** Explore raw, dynamic movement in this all-levels contemporary pole workshop set to "Nuclear Fusion" by King Gizzard & The Lizard Wizard. With rocky, expressive vibes, Kaitlyn will guide you through a unique choreography blending artistry, power, and emotion. Perfect for those ready to dive into contemporary feelings on the pole!

**Creativity Unleashed:** Unleash your inner artist and explore the endless possibilities of movement and expression. In this workshop, you'll learn how to craft your own choreography, develop unique sequences, and tap into your creative potential. Discover tools and techniques to stay open to new ideas, explore themes, and bring your vision to life. Perfect for anyone looking to expand their creative process and tell their story through dance! Perfect for students thinking about Student Creations coming up in February.

**Dance For You - Chair Choreo:** Get ready to turn up the heat in this sultry, sexy chair routine with Monna Ysa. Set to Beyoncé's *Dance For You*, this workshop is all about embodying confidence and sensuality. Whether you're a seasoned dancer or new to chair work, this workshop is perfect for anyone looking to tap into their inner diva.

**Dance STRONG:** Train like a pro and take your dance skills to the next level! In this class, you'll focus on conditioning techniques used by professional dancers to build strength, flexibility, and endurance. Whether you're looking to refine your technique or enhance your overall fitness, this workout will help you perform at your best.

**El Tango De Roxanne:** Get ready for a passionate, dramatic pole dance workshop with Kaitlyn! Set to the iconic *El Tango de Roxanne*, this class fuses the sensuality of tango with pole dance. Learn to embrace sharp, powerful movements and sultry floor work while capturing the energy of Moulin Rouge. Suitable for all levels, street heels recommended for that extra flair!

**Exotic Fundamentals:** In this beginner friendly workshop you'll learn the foundations of the exotic style - perfect for those new to exotic or wanting to work on the basics of this style in more detail. We'll focus on heel technique and ways to transition around the pole, as well as leg waves, exotic waves and other exotic elements that do not require advanced strength or flexibility. Heels and knee pads recommended.

**Festive Floorplay:** Get into the holiday spirit with Casey in this fun and festive floorwork workshop! Set to *My Only Wish (This Year)* by Britney Spears, this class is all about groovy, sensual floorwork moves that will have you feeling the joy of the season. No pole required—just bring your festive energy and let loose to some classic holiday vibes. Suitable for all levels.

**Flirty Floorplay:** Get ready to add some spice to your dance with this fun and flirty heels choreography workshop! Marlee will guide you through a playful and seductive floorwork routine that's perfect for all levels. Whether you're a beginner or more advanced, you'll learn to express yourself with confidence and flair. Heels and knee pads are required.

**Have yourself a sexy little Christmas:** This beginner friendly sweet yet sexy spin pole routine will have you feeling your best self this holiday season. Come wearing your sexiest Christmas outfit and have yourself a sexy little Christmas!

**Heels 101:** Ready to dip your toes into the world of heels? This beginner-friendly workshop is perfect for those just starting out with heels or just wanting to get more

confident. Learn the basics of dancing in heels, focusing on balance, style and confidence, all in a fun and supportive environment. No experience needed—just bring your sass and your heels!

**Hips & Legs Mobility & Flexibility: Caitlin Scott:** Boost your pole practice with this dynamic 1-hour workshop focusing on hip and leg mobility, flexibility, and strength. Caitlin will guide you through targeted conditioning drills for the hips, knees, and ankles, helping to improve lower body control, prevent injury, and enhance your overall movement. This workshop is a workout in itself, so come prepared to get involved! You'll leave with practical exercises to incorporate into your own routine, along with techniques to safely progress in your flexibility and mobility. Perfect for anyone looking to build strength and body awareness while improving flexibility!

**Holiday Hot Seat:** Get into the festive spirit with this sassy, sexy chair dance routine! Set to "Santa Baby" by Kylie Minogue, this fun workshop brings a playful twist to your pole journey. Suitable for all levels, you'll learn a funky routine with chair work that requires no pole or pleasers. Wear comfortable heels, leggings, long socks, or knee pads, and don't forget to bring your Christmas cheer with festive attire!

**How to Freestyle:** Unlock the art of freestyle with the queen of flow herself, Sarah! This workshop will teach you how to break free from overthinking tricks and find your natural movement. Learn to connect your pole and floor work seamlessly, explore musicality, and embrace the joy of improvisation. Perfect for anyone wanting to get out of their head and into their groove.

#### **Intro to Contortion – Part A & B**

This 2-part workshop is your gateway to exploring contortion! In Part A, focus on contortion technique and deep flexibility stretches. In Part B, put your newfound flexibility into action by learning exciting floor and standing contortion tricks. Perfect for anyone wanting to build their bendy skills step by step!

**Intro to Floorwork:** Make your floor tricks just as impressive as your pole tricks! Learn dynamic floor moves like shoulder stands, fish flops and more! Knee pads and a shirt that covers your shoulders recommended. All levels welcome but some experience with pole dance and floorwork is advantageous.

**Intro to Hardstyle:** Get ready to groove with Casey in this high-energy hardstyle pole workshop set to "Christmas in Hollis." Combining exotic pole moves with the intense beats of hardstyle, this class is perfect for those looking to explore bold, fast-paced movements, jumps, tricks, and unexpected transitions. Have fun and unleash your energy this festive season!

**Intro to Rope:** Tissu's spicy distant cousin with bite! While there is crossover in skills from tissu to rope, rope possesses its own unique skills and is definitely very different! If you have been wanting to try out different aerials, rope is a great option!

**Intro to Spin Pole:** Perfect for people brand new to pole or beginner students looking to try something fresh! Learn foundational spin pole tricks from our beginner curriculum and combine them into some fun combos. A supportive and exciting way to explore spin pole!

**Inverts:** Whether you're new to inverting or looking to improve your technique there is something for everyone in this inverts workshop! Work on strength building & injury prevention to keep you inverting safely for years to come!

**Kooky Choreo:** Get ready to embrace the quirky and unexpected in this fun and unique workshop with Sarah! Known for her creative and unconventional style, Sarah will guide you through a playful choreographed routine that blends unusual movements, interesting transitions, and her signature flow. Perfect for students looking to step outside their comfort zone, explore something different, and have a blast along the way! Suitable for all levels—come ready to get kooky!

**Level 1-2 Pole Tricks:** This workshop will focus on key level 1-2 tricks and is perfect for beginner students or those wanting to recap technique and learn some fun new combos and transitions. No inverted (upside down) tricks are included in this workshop.

**Low Flow Lyra Seductress:** Learn the art of aerial seduction with a slinky lyra routine incorporating floor work, low lyras and flirty aerial combos. Suitable for all levels - beginners to more experienced welcome. Tights required, heels encouraged.

**Lyrical Choreo:** Connect with the music and let your emotions flow in this lyrical pole workshop with Nomes. Perfect for those who want to express the beauty of the song through fluid, graceful movements. This workshop will help you bring the lyrics and melody to life, combining strength, flexibility, and storytelling. All levels welcome—come ready to feel the music and dance with your heart!

**Magic Mean Girls:** Get ready to sleigh this holiday season with a cheeky routine inspired by Mean Girls! These "Ginuwine" Mean Girls are bringing the sass, and someone even added a little "Pony" to their playlist. Suitable for all levels. Festive vibes encouraged!

**Magic Mike:** Unleash your inner Magic Mike with this confident and seductive masculine choreography. Set to the smooth beats of "Pony" by Ginuwine, this workshop will have you strutting, grinding, and owning the floor. Bring your bold energy and let the music guide your irresistible moves. Suitable for all levels.

**Mean Girls Chair Dance:** "I'm not a regular workshop; I'm a cool workshop!" Join Ruth for a cheeky, Mean Girls-inspired chair routine to *Jingle Bell Rock*. Festive outfits are encouraged, and heels are optional as you channel your inner Plastic. Suitable for all levels, this workshop will have you feeling fetch this holiday season!

**Merry Swiftmas:** This holiday season, Santa's bringing a special gift for all you Swifties! Join Kaitlyn for a soulful, contemporary-inspired routine to "*The Smallest Man Who Ever Lived*" from Taylor Swift's *Tortured Poets* album. Feel the emotion and beauty of this heartfelt song through graceful choreography that captures its deep, reflective vibe. Whether you're a Swiftie or just in the mood for a soulful flow, this workshop will add a little holiday magic to your dance.

**Merry Twerkmas:** Get ready to shake and twerk your way into the holiday spirit with Jess! This playful and fun booty workshop is all about embracing your natural rhythm while adding some festive flair. Whether you're a twerk pro or a first-timer, you'll learn the basics and build up to some playful, booty-shaking moves to get you in the mood for the holidays. Expect plenty of laughs, a whole lot of fun, and some seriously festive vibes. Come join Jess for a jolly good time this Christmas!

**Merry X-Mas Ya Filthy Animal (Rated X Pole Choreo):** Get ready to turn up the heat in this naughty, X-rated pole choreo workshop with Casey! Set to the sassy beats of "Bells Bows" by Todrick Hall, this all-levels class is packed with dirty, cheeky flair and plenty of holiday sass— perfect for those who want to get down and dirty in the festive spirit.

**Mistress for Christmas:** Get ready to rock out with Casey in this heels choreo workshop set to "Mistress for Christmas" by AC/DC! With a mix of sass and holiday spirit, this all-levels class will have you rocking the halls this Christmas.

**Musicality:** Discover the art of moving with the music in this creative workshop! Nomes will guide you through techniques to interpret rhythm, melody, and mood, helping you connect with the music on a deeper level. Perfect for enhancing your flow and adding emotional depth to your routines. Suitable for all levels!

**Naughty List Dance Dirty:** Join Kaitlyn for a playful and cheeky heels choreography workshop that's sure to land you on Santa's naughty list. With flirty moves and sexy vibes, this class is all about having fun and letting your sassy side shine. Heels required—let's sleigh this holiday season!

**Naughty List Xmas Striptease:** Put the X in X-Mas this year. In this workshop you'll learn a sensual strip tease routine suitable for all levels. Bring a robe and layers to lose! Everyone should feel sexy this Christmas! Xoxo.

**Pole on Wheels Disco Groove:** Think heels are fun? Wait until you try wheels! This beginner-friendly workshop combines fundamental roller pole moves with a quirky routine set to "Shake Your Groove Thing." Bring your roller skates and some prior skating experience, and get ready to roll, spin, and groove like never before!

**Rollin' around the Xmas Tree!:** Come and roll around the Christmas tree with Jess! This fun, quirky spin routine is suitable for all pole levels, but basic level of roller skating is required. Get your wheels rollin' and Christmas spirit flowin'! BYO Roller Skates.

**Russian Roulette Lap Dance Choreo:** Spice things up with this sexy beginner lap dance workshop! Santis will guide you through a sultry routine designed to boost your confidence and bring out your inner vixen. Bring a scarf or similar as a prop ;) Beginner Friendly!

**Save My Split Grip!** Split Grip is one of the most important grips for polers, but it's a tricky one to nail! It can also be a common source of injury if not trained correctly. This workshop is part lecture style, part practical. It will focus on the fundamentals of split grip, and provide tips on how you can progressively and safely train for this move. We'll apply the learnings to better understand the progression of core split grip tricks from our level 1-9 curriculum, from split grip stands, to double arrows, to butterfly and handsprings. Whether you're just learning to split grip, or an experienced poler wanting to improve your knowledge and technique - there will be something in this workshop for you!

**Shapes on Spin:** Join Sarah for this all-level tricks workshop using the spin pole. Learn to make fun and interesting shapes with your body on spin pole then try linking them together to form impressive spinning combos! Suitable for all levels – options will be given depending on your ability.

**Shoulder SOS:** Shoulder strength and stability is key for injury free movement and pole progression. In this workshop you'll learn how to keep your shoulders in optimal working condition. We'll explore shoulder prehab, off and on pole conditioning as well as exercises for strong shoulder mobility. Make your shoulders bullet proof!

**Sleigh it For the 'Gram ( Exotic & Dance Dirty):** Own your place on the naughty list and 'sleigh' it this Xmas! This course is all about self-love, embracing your sensual side and building confidence! Learn a cheeky routine in workshop Part A, then work it for the camera in workshop Part B! As a part of this course, every student will take home their very own individual highlight reel - for the 'gram! Heels and your hottest Xmas outfit encouraged. This is a 2-part workshop - you must book Part A and Part B.

**Sling Tricks:** Step into the air and explore the magic of aerial silks in this beginner-friendly workshop! With the silks tied at the bottom to create supportive loops, Ali will guide you through foundational tricks designed to build confidence and strength. Perfect for newcomers to aerial silks, this class focuses on fun, accessible moves that will have you soaring in no time.

**Slow Flow:** A contemporary style choreo workshop incorporating the spin pole. In this workshop you'll focus on flowing through your movement and connecting with an audience. Designed to be danced bare foot. Suitable for all levels

**Spin 1 (Beginner) Pole Tricks:** Start from the beginning and learn the ins & outs of spin pole! In this workshop you'll work on beginner level climbs and sits & learn how to

control your speed on the spin pole. Link your tricks together to create beautiful sequences. Beginner friendly!

**Splits Stretch Intensive:** Work toward your dream splits with this focused stretch class led by Tri! Learn safe and effective techniques, along with helpful tips and tricks, to deepen your flexibility and get closer to achieving those beautiful splits. Perfect for all levels looking to improve their mobility and control.

**Sultry Sling:** Unleash your inner vixen in this beginner-friendly aerial hammock workshop! Learn a sensual choreographed routine that combines flowing transitions, slinky shapes, and dynamic poses to bring out your sultry side. Perfect for those new to aerial or looking to explore a sexy, confident style in the air. Kneepads are required, and heels are recommended (or swap them for socks). Come ready to sway, slay, and leave feeling empowered!