



Welcome to Term 2!

Guess who's back, back again (for Term 2)!

We're in the second term of the year and we can't wait to bring you more fun, dance and fitness! If you're still figuring out if your work life can fit around your pole life - we got you! Even if you haven't booked yet, there are still plenty of options to continue your pole or aerial journey with us! Just chat with reception and we'll help you find which course suits you!

If you can't make the full term, try something different in our mini courses! Starting in week 3, channel your 80's roller energy for a beginner friendly 'Pole on Wheels' Course! Roll, glide, spin and groove to 'What A Feeling' by Irene Cara with Jess! From Thursday March 6th at 7.30pm you'll learn a quirky spin pole routine on roller skates (BYO quad skates)!

If you've been inspired by the Student Creations and want to explore your own choreography and freestyle, Eddie can help! From Saturday March 8th at 10.30am, unleash your creativity in this guided freestyle course, where you'll devise a unique routine together (just like the Soul Pole Casual)! Both courses can be booked on their own or as add-on's to 6 week courses with a 10% discount! Chat with reception about booking your spot!

This year marks a huge milestone for The Pole Gym – we're celebrating 15 incredible years! To celebrate, we're putting on a Performance Night to go down in history - 'Freestyler'! This will be an opportunity for all current students to perform what they've learnt in classes in front of a supportive studio audience! Tickets and expressions of interest to be released soon!

Have you tried our casual classes yet? If you are in a Level 1 Pole Course, you'll have 3 to try for FREE (that's an extra \$105 value)! You can choose from a variety of classes including pole, lyra, dance, stretch, fitness classes & more! We even have a beginner friendly casual 'Dance Dirty FUNDamentals', which focuses on the FUNDamental Dance Dirty moves (like your first body rolls or pivots) and incorporate them into a short pole routine! We've also introduced an Exotic FUNDamentals Choreo which focuses on the FUNDamental exotic moves such as your first pivots or pirouettes, with a short routine featuring the moves you've learnt in class! These classes are perfect for anyone brand new to pole dance choreo and Level 1 students.

Love the casuals and want to try even more? No worries! As a student you can add on the Unlimited Casual Pass for only \$222 (full price \$450)! Just ask or message reception to book with the discount. With this pass you can even add yourself to the waitlist for casuals that are 'Full' and if a spot opens up you will be emailed.

If you have any questions about what's coming up please send us a message on our socials or contact reception. We'll be here, alongside your journey!



Welcome

TERM 2
FEB 17-MAR 30

FREESTYLER PERFORMANCE NIGHT

This time we're taking it back in time and reliving some of our favourite performances! Ending the night with our iconic Freestyler' Routine by the Grads Show Students!

This Performance Night is the chance to take to the stage and show everyone what you've been learning this term! Performing isn't compulsory, but it's a great opportunity to get up and give it a go in front of our supportive audience!

When: Saturday March 29th at 6.30pm (doors open 6pm)

Sign Up To Perform: Form coming soon!

Tickets: Opening Soon!



TRY SOMETHING DIFFERENT - SOUL POLE!

If Student Creations inspired you to create your own routine then this is for you! Unleash your creativity in this guided freestyle course, where you'll devise a unique routine together—just like the Soul Pole casual class, but with a performance twist!

★ Open to all levels and perfect for those looking to perform at the upcoming Performance Night or simply explore a new creative process.

When: Saturday 8th March (Wk3-5)

Price: \$114 (or 10% off as an add on to a 6 week course)



BOOTY POP IS BACK, BABY!

Drop it and pop it with Booty Pop! Twerk it out to the bounciest booty-licious tunes each week with alternating instructors Jess and Agie! You've probably met Jess at the desk, but Agie is one of our fabulous new instructors and she can't wait to shake things up! Work up a sweat while working those glutes and quads! Suitable for all levels! Sneakers and knee pads recommended!

When: Wednesdays 5.30pm

Price: \$35 each or included in Casual Plus Pass (50% off as an add on for 6-week course students) or 10 Pack Casual Pass



NEW INSTRUCTOR - ABBEY

Welcome Abbey! Abbey started pole in 2021 to try something exciting and different to stay fit and had no idea how much a part of her life it would become! She loves learning a variety of tricks and breaking them down to figure them out, as well as learning diverse styles of choreography through the levels.

The Pole Gym helped Abbey build strength and skill in an incredibly fun and supportive environment, which is why she loves it here! This term you'll see Abbey teaching Level 1 on Sundays! If you see her around, say hi!

