******Pole Fit FAQs / Terms and Conditions**

**Please Note: By booking into class you have read and agree to the following:** I have never done pole before and I’m nervous. What should I expect? Most people are nervous and shy when they first start classes. They’re also excited, and you should be too! No matter if you have 4 kids and have not been to the gym in a long time, have two left feet or simply aren’t confident, beginners pole is the perfect place to start. Introduce yourself to your teacher and notify them of any injuries or concerns each week prior to commencement of any form of exercise. We will take you through a warm up, some movement exercises, small spins and tricks and a mini routine. Each class will finish with a cool down. You can find out more on what to wear and how to prepare for class here. It is natural to feel a little uncoordinated the first few classes, but soon you will be soaring though the air and in love with pole just as much as we are. We encourage all styles of dance here and we welcome you to wear high heels, bare feet, sneakers, Barre or yoga grip socks. Please only arrive 5mins prior to start of your class and wait in waiting room until instructor calls you into class. Please **do not** bring any children to studio whilst participating in class, as they are unable to be supervised.

How many classes does my course consist of? All courses are 10 weeks duration unless otherwise stated. Each class is one hour long, once per week. Just choose the day and time that suits you best and you will be on our enrolment list for that time slot for the entire duration of the course.

Do I have to wear high heels? A common misconception at Bella Body & Soul is that you have to wear high heels. This is simply not true. We encourage our students to be versatile in their styles of dancing and for this; a variety of footwear is required. You are more than welcome to dance with bare feet, Barre/yoga socks, leg warmers, heels or Barre or yoga socks or dance sneakers.

I’m a guy. Can I join classes at Bella Body & Soul? Yes! We would love to have you in any of our pole, burlesque, barre attack and other dance classes when they are running. For additional info on classes visit bellabodyandsoul.com see class descriptions.

Can I bring my dog/boyfriend/mother in law to watch my class? No. Only active participants are allowed in the studio in class time. This it to respect your fellow class mates and instructor, and allow you to concentrate on being present in class and have “you” time. When we have special events or parties, you are more than welcome to bring all of the above. If you choose to perform at these events we understand you want your loved ones there and agree that you pets want to watch you perform just as much as your boyfriend does(They are more than welcome to come!)

Can I watch a class before I try one? We do not let people watch class before they start, as it may make other participants feel uncomfortable. Our instructors work really hard of their class material and feel it is only deserving to give their teachings to active participants.

How many people in my pole class? At our studio we have 6 poles, we allow up to 2/3 people per pole so you will have to share a pole with a fellow student/s.

I’m running more than 10 mins late, can I still join? No, for safety issues and class contiguity we do not allow entry after 10mins of class starting. If you are late for your course, you can do your own warm in the studio, but it needs to be suffice and check whether you are ok to start with your instructor before getting into your tricks.

**T & C’s** – Catch up class policy – I am enrolled in a course but can’t make it one week, can I do a catch up class? We highly recommend you come to all of your booked classes in your course. We do not allow you to pick and choose different classes each week. However, If you are absent from a course class, you may do a catch up class if there is a cancellation in other timeslot. You have the length of your course to do this and it may not be transferred to another date or refunded. Catch up classes are done by a first in, first served basis. You may do a catch up class in another pole level the same level or lower but do be aware that each class will have a different routine e.g. warm up/strength etc. You will need to notify Bella Body & Soul if you are going to be absent for any class via text msg to Renee 0447500436 or Teneal 0401267001 or on Bella Body & Soul Facebook page or Messenger Pole Fit group chat.

T & C’s – Are you open on Public Holidays? NO, not usually but will notify if we can.

T & C’s – Do you have payment plans? Payments for all classes must be made in full via cash payment to secure your place before the event date, unless you have made prior arrangements with Bella Body & Soul for payment method. To secure your place in class you will need to pay full amount of term upfront due on your first day of class, this can be done at the studio by using cash. We cannot transfer or refund your missed classes or payment to another term or to another person. Payment to be placed in envelope labelled with your name date & amount.

What do I wear? For pole classes we recommend short shorts and a singlet/ t-shirt. The use of skin contact from the legs to the pole is essential for many moves so we suggest comfortable shorts above the knee. Please do not wear any moisturiser, oils or lotions the day of pole class (except for pole physics or pole appropriate brands) as this can make the pole slippery for you and for others. High heels are optional for pole classes, but we highly recommend bringing them to try and progess. Scared you don’t know how to walk in heels? Then this is the perfect opportunity to learn. You’ll be strutting your stuff in no time; plus it’s a great excuse to go shopping for some sparkly stilettos! For dance classes, comfortable gym attire is recommended. Denim and non-stretch material may become restrictive. Sneakers are also our recommendation for cardio dance based component of classes, however bare feet is fine stretch component but socks worn in stretch make it easier to slide.

Please bring water, note book, a small towel with you to all classes and any pole grip aid you desire to use. We sell a grip aid for ITac2 $20 medium tub. Dry Hands $20 and water bottles $1 at the studio (Studio will be stocking other grip aids soon as well as pole physics range).

What if I’m not strong? Great! You’ll fit right in! Most people aren’t strong/ flexible/ co-ordinated when they start. That is what is so great about pole dancing, it’s an amazing way to get fit whilst learning to dance. We all started as Beginners and over time you will gain enough strength and flexibility to even go upside down.

Am I too old? No. Pole dancing is for everyone! Bella Body & Soul is a great place to be a part of something, make friends and experience something different. When was the last time you tried something new?

What do I wear for Burlesque? Many of our students like to dress up for burlesque, so they look and feel the part. It is a great idea to wear some stockings, high heels or dance shoes, leotards, corsets, lingerie and of course, red lippy. You can always wear some comfortable fitness or dance attire if you desire.

**7 Pole Fitness Tips**

1. Introduce yourself. If you are new to a studio, hit up the ladies around you. We are a chatty bunch that are willing to step up and show you the ropes (Term — poles!). Each studio is different and has varied ways of starting class, ask what they are — instructors are generally very friendly and so are the rest of the ladies. As for those who are already pole divas, don’t be afraid to reach out to someone who is just starting out. You could be the kind heart that keeps her coming back!

2. We come in all shapes, sizes, colours and abilities. Take a stroll through my studio any given day and you will see a plethora (see big word there!) of women strutting around busting out new tricks and holds. Generally, studios will require you to be at least 18, but that is about it. Don’t let size get you down; it just means you have extra sexy jiggle when you learn to twerk it with a grandma on your left and a second-year physics major on your right. Yes, I said it — nerds like to shake like a Polaroid picture, too!

3. Just go for it! Let’s be super honest — pole fitness can be some scary! I mean seriously. Who in their right mind thinks that hanging upside down on a metal pole by their thigh meat is a good idea when gravity wants nothing more than to see you find your rightful place on the ground!? We do! Some holds and spins take a while to get, simply because you have a mental block. I still have moves that hold me back even now that I am stronger and have been working on them for some time. Ask any instructor and they will also have a trick or two that still makes them sweat just thinking about it. The hardest and most gratifying thing is just clearing away the doubt and going for it. You’ll be amazed at what you can do!

4. Let your friend’s critique. I am a ‘perfectionista’. There I said it. Okay, so it was not like that admission was dying to break out of me, but it is something that helps me work on my moves. During class, the instructor will often be sure to come around and watch you practice. She will spot you and offer up advice, but instructors aren’t the only ones to help out. Find a friend to observe you, ask them to pick apart your moves and tell you what is working and what isn’t. Bonus: offer to do the same for them and make a new friend! You will most likely be sharing a pole so help your partner out

5. Your phone or tablet may be your best friend. In the same vein as finding a living, breathing friend for constructive criticism, start recording yourself. You will get a much better sense of how you dance and move, quirks and habits. You will see how others see you while noting the things that work for you, as well as the nuances that you can totally do without.

6. Don’t let all that skin scare you. We get it, not everyone understands the whole “need to be almost naked” aspect of poling. Here is your reason: you need skin! Exposed skin grips the pole to lock you in place and keep you from sliding down the pole. Any fabric against the pole is going to slide, making a hold even harder to maintain or even dangerous given the higher risk of falling and injuring yourself. So don’t scoff at the near-nakedness of your cohorts — strip down with them ‘pretend your at the beach!’

7. Never, ever say I’m not strong enough! The fastest way to have an instructor (or other divas) on you like white on rice is to say you don’t have the strength to do pole. You will quickly learn that pole is a very foundation-based sport. You will learn moves that will gradually up your experience, confidence and overall strength to move on to tougher moves. We are a very supportive bunch who loves to get sweaty and even feel just a little sexy while doing it. We aim to provide strength training or other workouts that will ultimately help you nail that new trick! Of course, you should consult a doctor before starting a new exercise routine and always listen to your body. It is not recommended that you attend pole fitness if you are pregnant or have a back injury/condition, but again please consult your doctor.And please, for the love of all that is green and nutritious, don’t become part of the next pole fitness fail video compilation!

Yours in pole fitness —Renee Sloan (Director) & Miss Teneal xxx