



POLE - Vertical Dance w/Karen

More details can be found at:
<http://www.kirasoasis.com/classes/poleclasses.html>



The pole dancing classes at Kira's Oasis emphasize three different aspects of this beautiful performing art: Fitness, Empowerment, and Exotic Movement. Pole dancing, also known as Vertical Dance, for fitness, is a popular and recognized form of aerobic and anaerobic exercise. Regular pole dancing can...

- ~tone your muscles, without "bulking up", creating a leaner and sleeker you
- ~improve core strength, flexibility, and endurance
- ~provide a great cardio workout to increase metabolism and contribute to your weight loss program.

Even though the physical benefits to pole dancing are quite significant this is not just another hum-drum trip to the gym! You'll be having so much fun that you won't realize what a great workout you are getting! Until the next day, perhaps!

Pole dancing, for empowerment, health & fun, helps you feel GREAT about you. This class provides a non-competitive, accepting, and supportive environment where you can feel safe to learn or relearn a way of moving that's been lost in the hustle and bustle of daily life. Pole dancing can be about performing for some, but first you must learn to dance for YOU! Building self-esteem and embracing femininity are key points stressed in this class. Pole dancing, exotically, will teach you to claim your sensuality and expand upon it. Learn to present yourself in a powerfully sexual and artistic manner. There is no nudity or stripping permitted during the class. However, the techniques applied are just as, if not more, effective.

THURSDAYS BEGINNER 1 7:30 – 8:30 pm ~ Any student BRAND NEW to Pole Dance or wishing to repeat the beginner *1* session as often as you want!

THURSDAYS BEGINNER *2* 8:30 – 9:30 pm ~ Returning students at teacher's discretion ~

WEDNESDAYS BEGINNER 1 7:30 – 8:30 pm ~ Any student BRAND NEW to Pole Dance or wishing to repeat the beginner *1* session as often as you want!

WEDNESDAYS Int/Adv Level 8:30 – 9:30 pm ~ Returning students at teachers discretion ~

COST: \$100 for the 6 week session or **\$20.00** per person to Drop-In "IF" there's room.

CALL FIRST TO CHECK ON CLASS OPENINGS: (937) 620-1678 Oasis Cell Phone

***** Private lesson and practice time is available – see reverse side of this form for more information *****

**Make Check Payable to: Kira's Oasis or pay w/Credit Card and Mail to:
Kira's Oasis, 590 Congress Park Drive, Centerville, OH 45459**

Paying by Credit Card, please fill out this section completely:

_____ **Exp Date:** _____
Credit Card Account Number

Signature: _____ **Date:** _____

The issuer of the card identified on this item is authorized to pay the amount shown as Total upon proper presentation. I promise to pay such Total together with any other charges due thereon, subject to and in accordance with the agreement governing the use of such card.

____ **VISA** ____ **MasterCard** ____ **Discover** ____ **Amex** **3 or 4 digit code on back of card:** _____

_____ **\$100 Full 6 week Sessions being purchased.** # _____ **of \$20 Drop-In Classes being purchased.**

Session Level: _____ **Session Date:** _____

TOTAL COST BEING PAID FOR WITH THIS FORM: \$ _____ (Pls Note if getting an early registration price)

NAME ON CREDIT CARD: _____
Please Print

ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE: _____ **EMAIL:** _____

Oasis Pole Students ONLY - Practice Time or Private/Semi Private Instruction

OASIS POLE STUDENTS ONLY: Need some practice time on the pole? Present or past students of Kira's Oasis can rent the studio for \$20 an hour (day-time rate), per person – up to 4 people for practicing on the pole. No instructor will be present and is not a “class” and practice at your own risk. You might want to grab the mats and put them on the floor at the base of the pole, just in case! It is wise to double up practice time so that you can spot each other.

****Only the student(s) booking the time on the pole to practice can be in the studio, no additional guests or observers may be present.**

Please call the studio to arrange your time and coordinate it with the Oasis assistant's schedule. If you need to book the studio in the evening, those hours are very limited in availability and the rate will be higher. Contact the studio for more detail.

OASIS POLE STUDENTS ONLY: Want a private or semi-private (up to 4 people) lesson? You can book our instructors' time for \$40.00/hour for 1 person and \$30.00/hour for 2 or more people. This is an excellent way to have some undivided attention and assistance from our instructor to grow your skill in this art more quickly. Again, only the booking OASIS student(s) can be in attendance. No observers or additional guests.

**** A 50% deposit is required to book the private/semi-private lesson to reserve the studio and our instructors' time.**

Oasis Pole students do not need to pay the studio rental fee to use the studio for practice or private time with the instructor.

Private POLE Lessons or ""Party""

Want a girl's night out, bachelorette party or larger group lesson? Even if you are not an Oasis Pole student, you can book the studio and have a class just for YOUR group with our instructor! Rent the studio for \$35 for a 1 or 2 hour session with our instructor plus \$20 per lady, per hour attending.

***** 4 person minimum, 12 person maximum on the Poles.**

Bring your food, beverages, party favors, table decorations, etc or have your event catered, whatever you envision for the success of your get-together and hold your party here!

Start your evening with a Pole/Sexy Moves class and you can still have the rest of the evening for continuing the party on elsewhere! Check the Oasis calendar for availability or call the Oasis at (937) 620-1678 to begin the booking process. Standard rental contract, deposit, Membership Form signing is all required. Everyone in attendance at the party must sign the Membership/Waiver of Liability form. Just call the studio to book any of these options and we will help coordinate the scheduling between the You, the Oasis' instructor and the studio availability to meet your needs.

**** The \$35 Studio rental is required as a deposit up front to book a Party which reserves the studio AND 50% of the total # of ladies who will be doing the POLE in your group up front to book the instructors time. For Example: You have a party of 6 ladies for 1 hour. You pay the \$35 deposit to book the studio for your group. 6 ladies at \$20 each is \$120.00 and half of that, or \$60 would be required to book the instructors' time. The remaining \$60 would be due the day you come to the studio for your party. The deposits to the studio and instructor are non-refundable if you cancel your party because we saved both studio time and instructors' time for your group.**

Want a pole of your own? Kira sells them through Pure Romance! Just hop onto her site! <http://KiraLaFave.PureRomance.com> or call her at (937) 694-8953 and she can order one for you to pick up at the studio. You can also book Kira for a Pure Romance party in conjunction with your Pole party with our Oasis instructor!