



Pole Dancing

vertical dance

Pole Dancing, also known as Vertical Dance, is a popular and recognized form of aerobic and anaerobic exercise.

Pole Dancing classes at Kira's Oasis emphasize three different aspects of this beautiful performing art: Fitness, Empowerment and Exotic Movement.

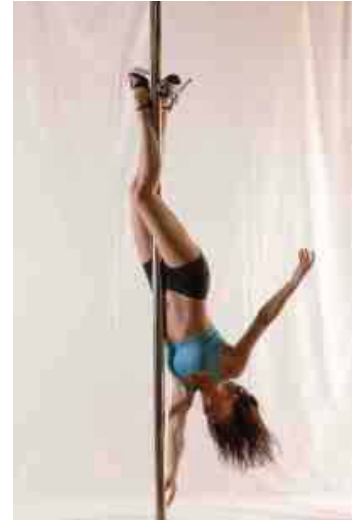
Regular pole dancing can

- ~ 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 you won't realize what a great workout you're getting! Until the next day, perhaps!

Pole dancing for empowerment, health and fun helps you feel GREAT about you. These classes provide 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 classes. However, the techniques applied are just as, if not more, effective.



~ CLASSES & FEES ~

Introduction to Pole ~ any student BRAND NEW to Pole Dance

Beginner 1 – Choreography ~ any student BRAND NEW to Pole Dance

Beginner 1 – Technique ~ any student BRAND NEW to Pole Dance

Beginner 2 – Technique ~ returning students at teacher's discretion

Intermediate & Advanced ~ returning students at teacher's discretion

\$100 for a 6 week class session – or – **\$20** per class for drop-in (only if room is available in the class)

Call or check online for drop-in availability per class: (937) 620-1678 Oasis cell phone
Private lessons, practice times and pole parties are also available!

Check the Oasis website for a current list of class dates and times:

<http://www.kirasoasis.com/classes/poleclasses.html>

Register for classes online or use the registration form on the other side of this flyer.

POLE DANCE CLASS – REGISTRATION FORM

Register online at: <http://www.kirasoasis.com/classes/poleclasses.html>

Or fill out this form and mail it (along with your payment) to: Kira's Oasis, 590 Congress Park Drive, Centerville, OH 45459

\$100 for one six week session \$20 each for drop-in Total payment enclosed: _____

Class: Intro Beginner 1 Choreography Beginner 1 Technique Beginner 2 Intermediate Advanced

Name (as is appears on card) please print: _____

Address: _____ City/State: _____

Zip: _____ Phone: _____ Email: _____

Make check payable to: Kira's Oasis – or pay with your credit card. If paying by credit card, please fill out this section completely:

VISA Master Card Discover Am Express 3 or 4 digit code on back of card: _____ (required)

Credit Card Account Number: _____ Exp Date: _____

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.

Practice Time or Private/Semi Private Instruction (available for 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/hour (day-time rate), per person – up to 4 people for practicing on the pole. No instructor will be present and this is not a “class” – 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's advisable to double up practice time so 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.

Want a private or semi-private (up to 4 people) lesson?*** You can book one of our instructors for \$40/hour for 1 person and \$30/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 Group Lessons / Pole Parties (available for Oasis Pole students and non-students)

Private Group POLE Class 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 for just YOUR group with one of our instructors! Rent the studio for \$35 for a 1 or 2 hour session with one of our Pole instructors plus \$20 per hour, per lady attending. Start your evening with a Pole/Sexy Moves class and you can still have the rest of the evening to continue the party elsewhere! Check the Oasis calendar for availability or call the Oasis at (937) 620-1678 to begin the booking process.

*** 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! Standard rental contract, deposit, Membership Form signing is all required. Everyone in attendance at the party must sign the Membership/Waiver of Liability form.

The \$35 Studio rental is required as a deposit up front to book a Party which reserves the studio. PLUS 50% payment for the total # of ladies who will be doing the POLE in your group is required 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 – so half of that (\$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. Deposits to the studio and instructor are non-refundable.

Call the studio to book any of these options and we will help coordinate the scheduling between You, the Oasis' instructor and the studio availability to meet your needs.

Want a pole of your own? Kira sells them through Pure Romance! Check out her website at <http://KiraLaFave.PureRomance.com> or call Kira at (937) 694-8953. She can order one for you and you can pick it up at the studio.

You can also book Kira for a Pure Romance party in conjunction with your Pole Party!

Additional information can be found online at: <http://www.kirasoasis.com/classes/poleclasses.html>