

PRODUCTS & SERVICES

- Pole Dance Fitness Classes
- Hens Nights, Birthdays & Girls Nights
- Corporate & Team Building Functions
- Dance Poles - Spin Doctor & X-Pole
- Pole Dance Accessories
- Gift Vouchers



POL-ARISE STUDIO LOCATIONS

- **CENTRAL COAST**
1/8 Clare Mace, Berkeley Vale NSW
Tel: 02 4388 9919
Email: info@pol-arise.com.au
- **HORNSBY**
Suite 102, 2 Burdett Street, Hornsby NSW
Tel: 0408 69 00 96
Email: info@pol-arise.com.au
- **NEWCASTLE**
Level 1, 107 Hunter Street Mall, Newcastle NSW
Tel: 0435 26 36 60
Email: newcastle@pol-arise.com.au

*Franchise opportunities are available around Australia.
For more information, please visit our franchise web site:
www.pol-arise.com*

POL-ARISE AUSTRALIA PTY LTD

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POL-ARISE

Dance Fitness Studios

Turning your world upside down



www.pol-arise.com.au

Turn YOUR world upside down with Pol-arise Dance Fitness Studios

Turning the World of Fitness Upside Down...

Pol-arise Dance Fitness Studios was founded by mother and daughter team, Cherene and Bailey in 2005 and in that time, Pol-arise has quickly become one of Australia's best loved Pole Dance schools.

"We are often asked how we became involved in a Pole Dance business" says Cherene. "Most people assume we had a stripper/exotic dance background, but in fact, nothing could be further from the truth".

Cherene is a busy working wife and mother of four with a strong background in Business Management and Design. She also sits on the Board of the International Pole Federation in Australia. Bailey comes from the Finance and Business sector as well as having over 10 years of dance experience.

Bored with the traditional gym workout, Cherene and Bailey looked for an alternative way to get fit and have fun. Once they discovered the benefits of Pole Dancing and recognising the lack of quality tuition available to women, they set about creating a Dance Fitness school that provided an alternative for ladies from all walks of life, of all ages, sizes & fitness levels and in 2005, Pol-arise was born!

Pol-arise is the first (and to date, the only) Pole Dance School in the world to have won a Business Award, and Pol-arise have now won several Fitness/Sport Awards for their unique and dynamic classes.

You don't need any dance or gymnastics experience, and don't worry about being fit or co-ordinated enough....you soon will be!



Pol-arise Dance Fitness Classes

Pol-arise classes are very casual and unpretentious and are inspired by the age old art of Pole Dance, without the striptease element. Our team of Instructors are normal everyday women and mothers like you and are some of the most experienced Pole, Dance and Fitness professionals around.

We offer 8 week courses in Pole Dance Fitness with classes catering for the raw Beginner, right through to Super Advanced. Classes run for 60 minutes and combine pole work, dance moves and resistance training giving you an awesome, total body workout that will improve muscle tone and definition in the arms, legs, waist, butt and thighs - not to mention a little stress relief and the extra self confidence that comes from Pole Dance.

Class Prices and Bookings

8 Week Pole Dance course (all levels) -

EZYPAY \$225
(\$50 deposit required on booking and the balance by Ezypay @ \$25p/wk)

PRE-PAY & SAVE \$215
(Full payment is required within 48 hours of booking)

BOOKINGS - You can reserve a place by either phone or email. Your place will only be confirmed when your payment and completed enrolment forms are received.

Please Note: Our classes fill extremely quickly, so we recommend booking well in advance to secure your preferred day and time.

PAYMENT METHODS - We accept the following methods of payment.

* Visa and Mastercard (credit and debit cards) - in studio or over the phone (a 2% Merchant Fee applies to all credit/debit card transactions)

* Internet Deposit (no payments at a branch)

* Eftpos and Cash (in studio only)

* Ezypay Direct Debit

Sorry we do not accept weekly payments in the studio



Pol-arise Parties & Functions

Organising a Hens Night, Birthday or Girls Night Out? Let us host your next function - a Pol-arise Party is the perfect start to any night out!

PETITE PARTY - (6-9 people)

Hold an exclusive 1 Hour Party at our Studio. We'll greet you with bubbly on arrival, teach you some simple pole moves and spins and put it all together into a simple (but cheeky) routine and your Instructor will do a demonstration that's sure to impress.

Min Package Price: \$195 (covers the first 6 girls)
Additional Guests: \$32.50 p/p

STANDARD PARTY - (10-15 people)

You'll have exclusive use of our studio for your 1.5 hr Party, with bubbly on arrival, cheese platters, nibbles and light refreshments. We'll teach you several simple pole moves and spins and put it all together into a simple (but cheeky) routine and your Instructor will put on a demonstration that's sure to impress.

Min Package Price: \$350 (covers the first 10 girls)
Additional Guests: \$35 p/p

VIP PARTY - (min of 15 people)

You'll have exclusive use of our studio for your 2 hr Party, with bubbly on arrival, cheese platters, nibbles and light refreshments. We'll teach you several simple pole moves and spins and put it all together into a simple (but cheeky) routine and your Instructor will put on a demonstration that's sure to impress.

Min Package Price: \$550 (covers the first 15 girls AND the Special Guest goes absolutely FREE!)
Additional Guests: \$40 p/p

OPTIONAL EXTRAS - There's nothing like a hunky guy taking his clothes off just for you. Ask us about having our gorgeous male stripper entertain the special guest at your event. Prices start from just \$200.

BOOKINGS - Please contact us by either phone or email to check the availability of your preferred date. A deposit of \$100 (non-refundable) is required to secure your date, and the balance paid 7-10 days before your function date.

Please Note: Party dates book out extremely quickly, so we recommend booking well in advance to secure your preferred day and time.