



POLE SERIES

Weekly classes teaching a combination of aerial acrobatics & dance. Learn grips, holds, spins, and techniques while increasing skills in strength & flexibility.

Pole 1

starts at \$85/month

Tuesdays 7PM
Thursdays 7PM
Fridays 8PM
Saturdays 12N
Sundays 1PM

Pole 1.5/Tricks

starts at \$85/month

Saturdays 11AM
Sundays 2PM

Pole 2

starts at \$100/month

Mondays 6PM, 8PM
Fridays 7PM
Saturdays 10AM
Sundays 11AM

Pole 3

starts at \$115/month

Mondays 7PM
Fridays 6PM

Pole 4

starts at \$115/month

Tuesdays 6PM
Thursdays 6PM

Pole Series Drop-Ins

Register to ensure availability.

Pole 1/Tricks
Tuesdays 8PM

Pole 2/3/4
Thursdays 8PM



DROP-INS

Pole Taster

One hour trial for new students.

Sundays **12N**
Saturdays **1PM**

Drop-In Rotation

Weekly rotation including Pole Flow, EmPOWER Hip Hop, and Open Pole.

Wednesdays **8PM**

\$20 / Class

\$80 for 5 Drop-Ins

Register to ensure availability.

ON WEDNESDAYS
WE WEAR...

HEELS

Gain confidence walking, dropping, and popping in heels while learning the secrets to sexy floor movements. A portion of each class is set aside to learn a short routine.

Come every week and we'll put it all together at the end of the month! Pole is incorporated but YOU are the highlight in this class.

Wednesdays **7PM**



EMPOWERMENT
Pole & Fitness Studio

503.339.7964

www.empowermentsalem.com

located at Tippy Toe Dance Studio
354 Belmont St NE.
Salem, Oregon

