



## 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  
Saturdays 12N  
Sundays 1PM

### Pole 1.5/Tricks

*starts at \$85/month*

Fridays 8PM  
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

\$20 / Class

\$80 for 5 Drop-Ins

*Register to ensure availability.*

## Pole Taster

*One hour trial for new students.*

Sundays 12N

Saturdays 1PM

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 8PM



**EMPOWERMENT**  
Pole & Fitness Studio

503.339.7964

[www.empowermentsalem.com](http://www.empowermentsalem.com)

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

