



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
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

Register to ensure availability

\$20 / Class

\$85 for 5 Drop-Ins

Get your 5th class for only \$5!

Pole Taster

One hour trial for new students.

Sundays 12N

Saturdays 1PM

Flow/Strength Rotation

This class alternates between Pole Flow and Strength & Flexibility.

Fridays 7PM

NEW

Adult Dance

Explore conditioning and technique in a variety of dance styles including Ballet, Contemporary, and Jazz. Learn new routines, finesse your skills, and take your movement to the next level.

Fridays 5pm

Floor & 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

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