FIT FOR A GODDESS

ABOUT US

Pole dancing offers a unique and empowering way to improve fitness, express creativity, and embrace self-confidence. Whether you're a beginner or experienced dancer, it provides a full-body workout, flexibility, balance, and endurance. It's a playful way to reconnect with your feminine energy, boost body positivity, and build self-esteem. By blending dance, acrobatics, and yoga, pole fitness promotes personal growth and confidence that can enhance every aspect of your life.

CLASSES

SERIES

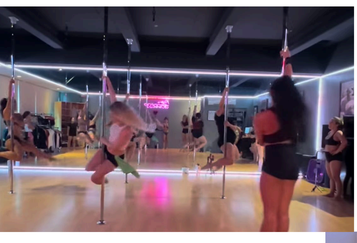
SPIN POLE

LYRA

SENSUAL DANCE

ROLLER STAKES

PRICES



DROP IN CLASSES

Open Pole $20
Drop In Classes Focus Specific $25
(Pole Fit/Strength and Conditioning, Flexibility, Dance, Heels)
10 pack of Drop In Classes $175
(does not include Spinning Pole Class)

SPINNING POLE CLASSES

(Prerequisite Graduated Level 4)
Open Pole $20
Drop In Classes Focus Specific $25
(Pole Fit/Strength and Conditioning, Flexibility, Dance, Heels)

SERIES CLASSES

5 weeks Series $150
(Military or College Student $140)
3 week Series $80

UNLIMITED MEMBERSHIPS

6 months Unlimited Membership $190 per month
DUO - 6 months Unlimited
(Spinning Pole Membership Add On $25)
6 months Unlimited Spin Pole Membership $85 per month

SCHEDULE

Class Schedule

Today | Day | Week | 2/12/2025

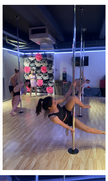
Start time	Classes	Teacher	Co-Teacher	Co-Teacher	Room	Duration
Mon February 10, 2025						
5:30 pm HST	Super Stars (Int/Adv)	Ashley Romano			Side Studio #203	1 hour &15 minutes
6:30 pm HST	Legs Hangs & Other Pole Kisses (Pole Class)	Chastity Imamura			Main Studio #202	1 hour
7:00 pm HST	ValenTwerk	Rochelle Arruda			Side Studio #203	1 hour
Tue February 11, 2025						
9:30 am HST	Flexy from Head to Toe (NonPole)	Jmee Gurl			Main Studio #202	1 hour
9:30 am HST	Flexy from Head to Toe Online (Unlimited Members Only)	Jmee Gurl			Online	1 hour
10:30 am HST	Beginner/Intermediate Pole	Jmee Gurl			Main Studio #202	1 hour
3:30 pm HST	Duo Open Pole (Both Static and Spinning)	Jmee Gurl			Main Studio #202	1 hour

NEW TO POLE?

Why Pole Dance for Fitness?
If you've ever thought about trying pole dancing but not sure where to start, you're not alone! Pole dancing is often mistakenly seen as only for the experienced or highly fit, but in reality, it's for everyone—whether you're new to fitness or seeking a fresh challenge.

Why Pole Dance for Fitness?
Pole dancing is more than just spinning and climbing—it's a full-body workout that enhances strength, flexibility, and coordination. The best part is its scalability, allowing you to adjust the intensity to your fitness level.

A Supportive Community for All
Whether you are adding pole dancing to your fitness routine or just exploring something new, you'll be part of a supportive community. Judgement will not be tolerated. Though starting something new can feel intimidating, you'll quickly find yourself surrounded by others eager to explore this empowering and fun fitness form.



Preparations for Class
Wear comfortable, stretchy workout clothes that make you feel confident. Avoid wearing lotion or body oil, as it can make the pole slippery, along with removing rings and bracelets to prevent scratches. Bring an exercise mat and water.

The focus is on honoring the Goddess within, not nudity. While you can peel away layers in a sensual manner, the class encourages wearing at least shorts and a sports bra or tank top for comfort and group safety.

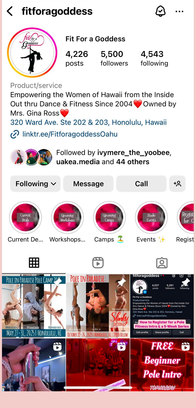
CONTACT

PARKING

We're located across the street from Starbucks and Wahoo's Fish Tacos.

Parking is in the lot on the Supercuts side of the building or street-side on Ward Avenue.

Enter through the metal gate to the left of Supercuts, take the stairs to the second floor, and you'll see the Fit For a Goddess studio on your right.

CALL US
(808) 262-6979

LOCATION
320 WARD AVE #202
HONOLULU, HI 968224