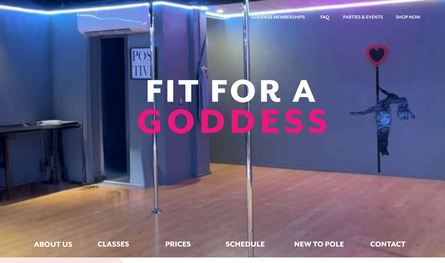


FIT FOR A GODDESS

ABOUT US

Pole dancing offers a unique and empowering way to improve fitness, strength, and flexibility while boosting confidence. Whether you're a beginner or experienced dancer, it provides a full-body workout, flexibility, balance, and endurance. 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

YOGA

DANCE

MULTI-STYLE

PRICES

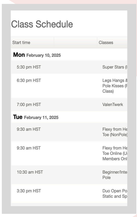
DROP IN CLASSES
Open Pole $20
Drop In Classes Focus Specific $25
(Pole Fit/Strength and Conditioning, Flexibility, Dance, Heels)
10 pack of Drop In Classes $175
(does not include Spinning Pole Class)

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

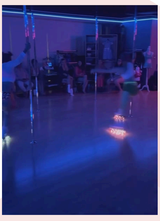
UNLIMITED MEMBERSHIPS
6 months Unlimited Membership $750 per month
DUO - 6 months Unlimited (Spinning Pole Membership Add On $25)
6 months Unlimited Spin Pole Membership $85 per month

SCHEDULE

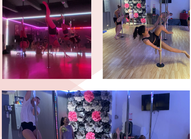


Class Schedule

Start time	Classes
Mon February 10, 2025	
5:30 pm HST	Super Stars &
6:30 pm HST	Legs Hangs & Pole Kisses (F Class)
7:00 pm HST	Vater/Twerk
Tue February 11, 2025	
9:30 am HST	Flexy from Ho Tue (NoPole)
9:30 am HST	Flexy from Ho Tue Online (J Members Onl
10:30 am HST	Beginner/Inte Pole
3:30 pm HST	Duo Open Po Static and Sp



NEW TO POLE?



Start your pole journey!
If you've ever thought about trying pole dancing but not sure where to start, you're not alone! Pole dancing is a fun and empowering activity for both 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. Whether you're looking to build core strength, improve posture, or increase flexibility, pole dancing can target multiple muscle groups while keeping you in an engaging, dynamic workout. The combination of aerobic movement, strength training, and flexibility exercises helps to tone and sculpt your body, making it the perfect effective and fun way to stay fit.

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. Judgment will not be tolerated. Through varying classes and levels, you'll find yourself growing quickly find yourself surrounded by others eager to explore this empowering and fun fitness form.

Preparation 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.

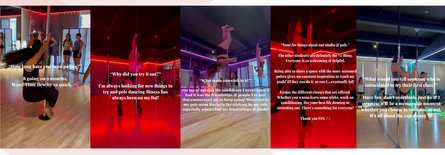
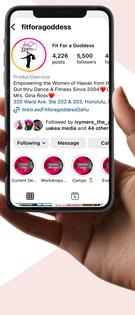
The focus is on honoring the Goddess within, not reality. While you can pull away layers to a sensual moment, the class encourages wearing shorts and a sports bra, tank top for comfort and grip safety.

CONTACT

CALL US
(808) 265-6959

LOCATION
320 WARD AVE #202
HONOLULU, HI 96814

PARKING
We're located across the street from Starbucks and Walton's Pub Tacos.

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

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