

POLE AFFINITY

Winter Newsletter 2012

Dates for your diary

Classes start back from 2nd Jan

NB . No Classes Tues/Wens 3rd & 4th Jan

- 10th February *Ladies Night*

Open practice dates:

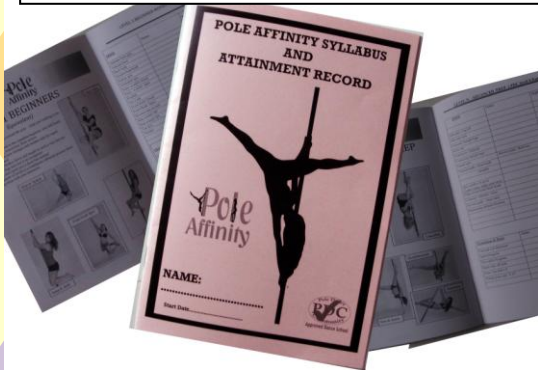
£5 / FREE to all pay monthly members

20th January 6.15pm

24th February

30th March

STUDENT BOOK £4



2012 -We will be working from the new student books. Get yours now- just £4. Contains our whole syllabus! Tick off the moves as you go, it ensures you cover all the moves, and provides a record of your achievement & progress to date. This book is essential for all students.

Classes

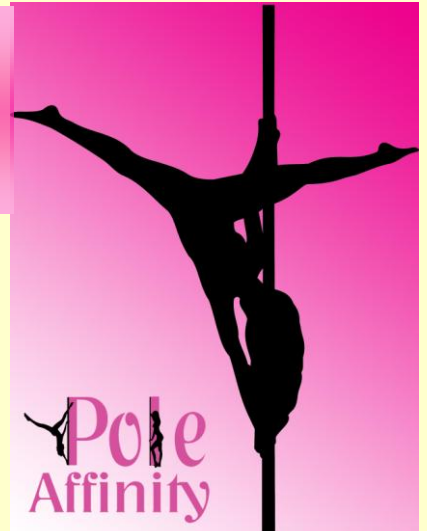
Please see attached for our winter timetable. Take advantage of our GOLD membership
£48 Gold - UNLIMITED CLASSES
(That's just £12 p/w / £10.50p/w conc. Bargain!!)

Concessions:

Full time Students & under 18's Discount.
ID proof must be shown each month.

*£30 Silver

*£42 Gold



ATTENTION!

...BOOTCAMP

Starting... Friday 6th
January 06:30-7.30am

Can YOU take the challenge?

Rochelle will put you through your paces in her extreme workout - Pole Bootcamp!

Shed those extra xmas pounds in no time!

All welcome. £5 payg/ Free to Gold members

★★★★
★★★★ **POLE** ★★★★★
★★★★ **BOOT** ★★★★★
★★★★ **CAMP** ★★★★★
★★★★

LADIES NIGHT AT THE CEDARS HOTEL

FRIDAY 10TH FEBURAY 8pm - TICKETS £20

Its time for a truly great night which all us ladies need Christmas will have been and gone valentines is a few days away but first why not come and let your hair down with your girlfriends..

3 Male stripper Uncut * Drag act * Pole Dancing

Ann summers - Blue bella - large chocolate fountain - Photo Booth
Disco till 1am
and a free prize draw with a great prize you gotta be there to see it!

FREE Drink on arrival
All for £20 each

Tickets are now on sale and are selling well so grab one now for a truly fantastic night out

Contact Sal on: 01769574986
<http://www.facebook.com/events/100531970064507/>

**Missed Classes: We ask that you let us know asap by Txt, e-mail, Facebook, & at least 3 hours before start of your class. Failure to do so will result in loss of that class, no replacement. Payg students -please also let us know when you are /aren't coming. Thanks to all of you that do let us know! ☺*

Contact your regular instructor:

Miranda: 07790 575 811

Rochelle: 07812 636 524

Lesley: 07768 334 231

UK Pole Dance Show

22.10.11 KENT



Well done to all our ladies who to part in UK Pole Show 2011.

We had a fantastic weekend away in Kent, along with a Pole jam in our guest house and rocked the stage on the night of the show!

Check out our performance on you tube:

<http://youtu.be/SusvTmxX1yg>

AFFINITY MASSAGE THERAPIES



- Sports & Remedial Massage Therapy
- Aromatherapy Massage
- Body Massage

<http://www.affinitymassage.co.uk/>

*20% discount for ALL Pole Affinity Students
Gift vouchers available

Pole Affinity
27 Castle Street
Barnstaple
EX31 1DR

Tel: 07790 575 811
E-mail: info@pole-affinity.com
web: www.pole-affinity.com