



Pole Affinity



December Newsletter

Dates for your Diary:

No Class 6th Dec 12.30 & 5.30pm
(on as usual the following week)

***Taster class** (£10) Tuesday, December 14th 6-7pm

***Beginners Pole** starts Tuesday 4th January 6-7pm

***Fitness Yoga** £4 Fridays 5.15- 6pm

***Pole Circuits** £5 Wednesdays 6.40- 7.40pm (all abilities)

Xmas Closure

There will be no group classes from Wednesday 22nd
December to Sunday 2nd January inclusive.

So lessons will start back again from Monday 3rd January.

Changes payments

From the New Year all lessons will go to pay monthly and payable on the 1st week of the month. £36 for 4weeks, this will include a FREE open practice session in Barnstaple (usual cost= £5) at the end of each month on a Friday night 7.15 -8-15pm , followed by a bit of a social & drink out after -for those that want to! A great way to practice & perfect those moves under supervision , take loads a pictures and a chance to get to know your fellow polers and make new friends- pole buddies! We will poster out reminders of this!

If you cannot make a lesson you can make these up either in the same month or the next month. (But not the months following this).

If you have holidays booked, or unable to make other classes you can opt to pay as you go at £10 per lesson.

We will still follow the same course structure so you can work your way up the levels from beginners to advanced. Your instructor will assess you as you go & award you certificates once satisfied you are competent at the core moves at each level.

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Xmas Doo!

The date has been set for:

FRIDAY 17TH DECEMBER, 7.30PM

POLE JAM - PERFORMANCES
BRING & SHARE FOOD & DRINK

If you would like to do a routine please let your instructor know.

Routine workshops

If you would like to be part of a group routine(s), I will be running a workshop on the following dates. Let me know if the times are ok? I can be a bit flexible.

It will be just £12 to do one day, and just £5 for 2nd day when booked together!

If you cannot make the Saturday, you can still come on the Sunday and pay £12 and we will try help bring you up to speed! Suitable for ALL Levels!

Saturday 4th Dec 4-6pm

Sunday 12th Dec 3-5pm

I will hold **free** routine practice sessions for those that have done the workshops on:

Monday 13th Dec 7.45pm-8.45pm

Wednesday 15th Dec 5.30pm-6.30pm

POLE AFFINITY XMAS PARTY!



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**Friday 17th December
7pm**

Bring & share food & drink

**Pole Jam at the studio
then out in town after!**

Pole Affinity
27 Castle Street
Barnstaple
EX31 1DR
Tel: 07790575811
www.pole-affinity.com

Xmas pressie ideas!

Pole affinity offers gift vouchers for single lessons or for the month, which make great xmas pressies either for you to give to someone, or for you to put on your lists!

We have brand new Xpert poles in stock 45mm & 50mm -£200

Clothing & accessories - Great xmas pressies!

Hoodies, hotpants, vest tops, pole gloves, ankle protectors & grip aids

2nd hand xpoles for sale £125

Plus some old style extensions for 50mm pole:

100mm -£10

500mm - £17

750mm- £20

1 x new extension for 45mm pole:

200mm - £15