

Paulette's Studio of Dance

Located at 4853 Monroe St., Toledo, Ohio

Pole Dance Fitness

Build strength, flexibility and confidence in a fun and relaxed environment. For women only.

Ballroom and Latin Dance Lessons are also available for singles, couples and private groups.

Pole Dance Fitness Class Schedule: March 9th – April 24th (7 weeks)

Monday

6:00 – 7:30 pm

Beginning Pole Dance Fitness (Monday classes begin on March 15th - no class on March 8th)

Tuesday

5:30 – 7:00 pm

Intermediate Pole Dance Fitness (Must complete Beginning Pole prior to taking this class)

Wednesday

6:00 – 7:30 pm

Beginning Pole Dance Fitness

Thursday

9:00 – 10:30 am

Beginning Pole Dance Fitness

5:30 – 7:00 pm

Intermediate Pole Dance Fitness (Must complete Beginning Pole prior to taking this class)

7:15 – 8:45 pm

Beginning Pole Dance Fitness

Saturday

10:30 am – 12:00 pm **Beginning Pole Dance Fitness**

Fees

- One seven week - Pole Dance Fitness Session; \$195 (You may attend one or more classes per week at your current level)

Registration is required and payment is due in full at registration. Class sizes are limited, reserve your spot soon.

Introductory Pole Dance Fitness Class (One time class, not required prior to taking 7 week session)

- Tuesday, March 2nd 7:30 - 9:00 pm Please arrive promptly by 7:15 pm.
- Tuesday, March 8th 7:30 - 9:00 pm Please arrive promptly by 7:15 pm.
- Thursday, March 11th 9:00 - 10:30 am Please arrive promptly by 8:45am.
- Saturday, March 6th 12:30 – 1:00 pm Please arrive promptly by 12:15pm.

The fee for this class is \$25. Advanced registration and payment is required.

Registration/Payment Options

- Register by calling Paulette at 419-654-3262 or email: info@dancetoledo.com.
- All major credit cards are accepted.
- You may also register for a class by mail. Please send a check or money order made payable to: **Paulette's Studio of Dance**. Specify the class that you are registering for.

Mailing Address:

Paulette's Studio of Dance
P.O. Box 2841
Toledo, OH 43606