



## **"Pole Fitness"**

Is now part of the fitness industry, providing a great complement or alternative to regular exercise. A pole fitness session burns more calories than a good session at the gym. As well as a great aerobic workout, other fitness benefits include increased upper body strength, muscle tone and definition, increased core stability, better posture, and it improves coordination and flexibility. It will also develop endurance, strength, power, stamina, mobility, confidence, & self-esteem. The class will also include a small chair dance intro. This is a small class setting of no more than 5 students. Each student receives individualized attention.

**Instructor: Kimberly Kerr**

**Classes: Beginner Sat. 1pm, Intermediate 2pm, Advanced  
3pm**

**Starts Oct. 22nd & ends Dec. 2nd**

**Runs for 6 weeks**

**Member: \$90 & Non: \$150/6 sessions**

Student must choose level based on no previous experience (beginner), some experience (intermediate), & Advanced

**5 student capacity**

**Location: Phases Fitness**

**221 Pauline Dr.**

**York, pa 17402**

**Call to pre-register 718-5503**