

# POLE FIT

TAUGHT BY WHITNEY LEWIS

## WHEN

Tuesday & Thursdays

5:30 PM - 6:30 PM &

6:30 PM - 7:30 PM

## WHERE

McLAUGHLIN STUDIO

For Registration contact Whitney Lewis

541-450-3269

## PROGRAM

Join us in a space where we explore our own strength and flexibility in the latest vertical fitness craze. In this program students will learn spins, tricks, climbing, inversions, and floor work while increasing their strength and endurance on a pole.

Must be 18 and older or with parental signed consent. Due to safety requirements and pressure mounted poles, there is a weight limit of 250 lbs. In addition, participants can not wear lotion the day of class.

Private lessons can also be booked for \$75 per one hour session.

Girls Night Out! 18+ only! Get the girls together for an unforgettable night of flirty fun. Ladies only! 1.5 hour time slots for \$250. 8 women max.

## PRICING

Members

**\$75** Per Month -OR-

**\$12.50** Per Drop In

Potential Members

**\$100** Per Month -OR-

**\$15.00** Per Drop In

**COME TRY IT OUT, YOU  
FIRST WORKOUT IS  
FREE!!!**

**Space is Limited!!**

**WWW.CLUBNW.COM**

