

# PoleFitness course

**Location:** SSC Eindhoven, PoleFitness Studio

**Level:** Beginners

**Price:** 15 Euros sports cards holders

**Period:** Every Quartile

**Day & Time:** Look in the sports schedule on the SSC website

**Equipment:** Sport clothes (shorts and shirt), no shoes needed

**Instructor:** SPV Blue trainer



## WHAT YOU CAN EXPECT

PoleFitness is a form of exercise which incorporates the entire body. PoleFitness (pole sport) originates from pole dance. It combines artistic dance, acrobatics and strength exercises. Through this sport you will build up strength, flexibility and endurance. The sport involves exercises such as spins, climbing, static poses and inverts. You often use your skin to create the friction needed to stay in the air, for example when sitting or hanging in the pole. Today PoleFitness is widely recognized as a fitness form that can be used as aerobic and anaerobic training. People often think that you already need to be very strong or flexible before you start doing PoleFitness, but this is not the case. PoleFitness is for everyone, even those who have never exercised before. During the course you will learn how to use your body and build muscle in order to become better every time and improve at your own pace.

This course is meant for inexperienced people to learn the basics of the sport. If you already have experience and would like to continue practicing it at the SSC, please contact S.P.V. Blue at [info@spvblue.nl](mailto:info@spvblue.nl).

## REGISTRATION

Signing up is possible via [our website](#). Log in on your personal page, go to 'Shop' and then click on 'View all courses'.