

NEW POLE DANCE PARTICIPANTS



Congratulations on joining the ClubMynx Pole Dancing-for-fitness program!

We are very excited to have you join us for the 6-Week Mynx Pole Dancing class! This fun and sexy form of exercise will give you something to look forward to every week! Pole classes are a great way to strengthen and tone your body while learning sassy dance moves, spins, pole holds and transitions. As a new pole dance member to our facility, we would like to provide you with a few details about our studio and pole dance class to help you feel instantly at home and comfortable.

What to Expect from your Pole Class

For your first class, please arrive 15 minutes early to fill out the necessary forms and health questionnaires if you have not done so already. As a first time pole dance participant, you can expect your classes to begin with approximately ten minutes of dance warm up, followed by ten minutes of strength training, thirty minutes of pole skill development and five minutes of flexibility enhancement and cool down. Each week you will build strength and increased confidence in your movements! The last two weeks will consist of combining the movements learned throughout the previous four classes into a fun and sexy routine. **If you happen to miss a class due to illness or other circumstances, private lessons can be arranged with an instructor for an extra fee to be determined at that time.**

Attire for Pole Dance Classes

Wear athletic clothing that you feel comfortable in and will easily allow movement such as shorts, yoga pants, tank tops, t-shirts, etc. No footwear is required, just your bare feet. Avoid wearing jewellery such as rings, watches or bracelets as they can interfere with the movements you will be learning. It is also important not to wear any body lotions or oils on your hands before attending class as this can create a slippery film on the pole, which will make learning your spins more difficult.

Layout of Facility and Services Offered

At ClubMynx we have a small and intimate staff, dedicated to providing excellent member service. Please feel comfortable approaching any of the staff when at the studio. We are here to help! When you walk into the front door of the studio you will see our office area. This area has a shoe rack where all outdoor shoes are to be stored. As you enter the Fitness Theatre, stick to your right where you will see a member transition area for in between classes. Please remain as quiet as possible while you wait for your class to begin. For your pole class, the only equipment required will be one of your yoga mats as indicated by your instructor. At the back of the Fitness Theatre you will find the washroom facilities equipped with shower and toilet stalls, vanities and lockers. We want your time at ClubMynx to be as enjoyable as possible, and to help make this happen the following items are available at the studio for you to use:

- Hand towels to use during classes
- Water fountain in Fitness Theatre (water bottles are available at the front desk for \$1/bottle)
- Large towels and floor mats for use when showering
- Shampoo/conditioner dispensers in shower stalls
- Hair dryers
- Lockers with spare locks/keys if needed

- Coffee/tea station in front office
- If you happen to forget important items such as deodorant, feminine products, shaving cream, hair ties, razors or hair spray, please notify a Member Service Associate and we will be glad to help. If showering, it is recommended to bring a pair of sandals for use in the shower stalls.



Extra Practice

If you find that you can't get enough Pole Dancing and want to perfect your spins and techniques, join the Lady Mynx Pole Club! Club members have access to over 10 hours of practice time each week, and meet for 2 uninstructed practice times on Sundays each month. Club members also receive discounts on upcoming pole classes, workshops and private parties. ClubMynx also offers a huge variety of fitness and dance classes! For more information, please contact us through phone, email or drop by the studio.

Phone: 373-4244

Email: info@clubmynx.com

Website: www.clubmynx.com

We sincerely hope you enjoy your time at ClubMynx!