



FAMOUS FANS Pole Dancing hits Hollywood

Madonna, Angelina Jolie, Paris Hilton, Lindsay Lohan, Britney Spears, Pamela Anderson, Demi Moore, Kate Hudson, Carmen Electra, The Pussy Cat Dolls, Teri Hatcher, Tori Spelling, Kate Moss and Kylie Minogue are all pole divas.

Pole dancing is not just a faze, it's hitting the big time! Celebrities across the globe are literally clamoring for a pole. "Fitness, fantasy and fun. That's what it's all about" says Kennetta Hutchens, Director of Pole Divas. "If you want to unleash your inhibitions and release your inner sex goddess, while getting fit and fabulous, pole dancing is it" she quips.

"The 2007 MTV Music Awards, Usher film clips, the Pussy Cat Dolls, Justin Timberlake clips, Robbie Williams press conferences, everybody's pole dancing".

"People don't seem to realize just how complex an exercise it is, it's an all over body workout" says one of our new students.

At Pole Divas (which has studios in Prahran and Mornington) a 1 hour class begins with a cardio warm-up, then pole elements such as tricks, spins and poses. Core strength, upper and lower body, acrobatics as well as flexibility and coordinated dance moves, all while looking hot and sexy! Believe me until you've tried it, you have no idea how much of a fab fitness feat this is. Fitness experts say you can expect to burn about 250 plus calories per session — equivalent to a half-hour run, but much more fun!

Pole dancing has popped up everywhere, girls nights out, Hen's parties, birthday bashes, and best of all just as a weekly workout.

At Pole Divas it not just simple pole classes, there's Exotica, lap dancing, burlesque, acrobatics, and spinning pole classes. At the very least, trying a pole dancing class will leave you with an endorphin rush, great fodder for girlie gossip and a few skills to surprise your partner with. What have you got to lose?

Dare to be a Pole Diva.....

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