

# Pole Fitness

## Pole Fitness

**Day/Time:** Tue 6:30-7:30pm (beginners 2)  
Tue 7:30-8:30pm (beginners 1)  
Tue 8:30-9:30pm (improvers)  
**Duration:** 6 weeks (ongoing)  
**Tutor:** Just Dance & Fitness  
**Fee:** €65 (per 6 week course)

## Course Description

Apart from the fun factor, it's been estimated that beginner pole fitness dancers can lose between 300 and 400 calories per hour! It's also a great toning and cardiovascular exercise. Probably the most fun you can have whilst getting a full body workout!

For Fun...For Fitness...For Life... Just Dance (Pole!!)

You should wear shorts/three quarter lengths (or something of this nature) and a T-shirt, Runners are our recommended footwear.

Please arrive 30 minutes early on the first night to register and make full payment.

## Enrolment Details

Courses will only be run if there are sufficient enrolment numbers. Course enrolment for a particular course may only be secured by full payment of course fee. Fees are strictly non-refundable unless the school decides not to run a course, in which case all fees will be refunded by post or directly to your credit card.

You can enrol online at [www.adultedtiernans.ie](http://www.adultedtiernans.ie), over the phone (086 7902260 / 01 2953224) or in person at one of our enrolment evenings.

Cheques should be made payable to St. Tiernan's Community School and should have your bank card number on the back.

The school and its management accept no responsibility for loss or damage to the property of students, including vehicles on the grounds.

