

pole exercise dance & fitness



Ladies 'Taster' Session at The Windmill Studio Centre

*Fantastic way to exercise
Great way to get into shape
Builds self confidence
& motivation
Exciting
A challenge to all ages
& Very addictive!*

6 Week Pole Courses

Wednesday evenings
Thursday lunchtime
with creche

Available throughout
the year

@ £100 per person
(18 years & above)
Payable in advance

Non refundable deposit
of £25 required
to secure a place
on the course

Balance to be paid
7 days prior to the
course commencing

All ages & abilities
welcome

To book a place
or for further information:-



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Centre

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