



## Welcome to Dubbo Pole Fitness!

### Timetable

### Term 4 2019

14th October - 20th December 2019

Monday	Tuesday	Wednesday	Thursday
5.45-6.30pm <b>Fit Pole</b>	5.45-6.45pm <b>Acro</b>	5.45-6.45pm <b>Intermediate</b>	5.45-6.45pm <b>Advanced</b>
6.30-7.30pm <b>SLT</b>	6:45-7.30pm <b>Flex</b>	6.45-7.45pm <b>Pre-Advanced</b>	6.45-7.30pm <b>Fitpole</b>
7.30pm-8.30pm <b>Elementary</b>	7.30-8.30pm <b>Novice</b>	7:45-8:45pm <b>Novice</b>	7:30-8:30pm <b>Intermediate</b>

**Fit Pole** - Pole based fitness class for all abilities. In this class you will use the pole to build strength, flexibility and stamina. Finish the class with a fun routine. This class is open to all students including casuals.

**Levels** - Our level based program caters for beginner (Novice) through to advanced students. As you become more advanced in your training, you will progress through our levels:

Novice  
Elementary  
Intermediate  
Pre-advanced  
Advanced

**Flex** - increasing the flexibility you already have or gaining flexibility through static, dynamic, and active flex

**Acro** - The perfection of Gymnastics/Acrobatic exercises while increasing flexibility. A great class to bring back the childhood memories of Handstands, Cartwheels, Tumbling, splits and much more...

**SLT** - Specific to level based students only, this class allows students to work on current course tricks. A conditioning component is also included in this class to increase your strength and stamina.

### Pole Fitness Pricing Structure

**Pay up front** (below amount x 10weeks) **Direct Debit** (below amount Fortnightly- \$20deposit upon booking)

1 class per week	\$19	\$43
2 classes per week	\$29	\$63
3 classes per week	\$36	\$77
4 classes per week	\$42	\$89

**Casual Fit Pole** \$30 per class (please phone reception to enquire if available)

**Private Sessions** \$55 per hour (max 2people) \$25pp after 2

When utilising the direct debit option, your payments will occur on the first Friday of term and every fortnight thereafter. Your fortnightly payments will cease after 10 weeks (5 payments).

For further information please contact Fitness Focus on  
6884 0988 or [info@fitnessfocus.com.au](mailto:info@fitnessfocus.com.au)