

Exotic Fitness Series



Ladies must be 18 years and older to participate without adult supervision or written consent.

INTRO Pole - \$20.00

Individual Classes - \$20.00

Four week series - \$150.00

\$135.00 after purchase of an Intro Pole class

Eight week series

\$260.00 \$40 savings

Twelve week series

\$400.00 \$50 savings

Sixteen week series

\$540.00 \$60 savings

Twenty week series

\$685.00 \$65 savings

Twenty Four series

\$830.00 \$70 savings

PARTIES & RATES

- Girls night out
- Bachelorette
- Birthday
- "I'm over him"
- Book Club
- Mom's Group
- Charity/Fundraisers
- Corporate Event/Team bldg
- Bridal showers
- Just because...

2-6 women (60min)	\$225.00
7-10 women (60min)	\$325.00
11-15 women (90min)	\$425.00
16-20 women (90min)	\$500.00

SUGAR DADDIES PACKAGE

He'll definitely pay for this party!

1 couple (90min)	\$250.00
2 couples (90min)	\$375.00
3 couples (90min)	\$475.00
4 couples (90min)	\$550.00
5 couples (120min)	\$625.00

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POLE Series One - **Sugar Babies**

All ladies start out as sugar babies!

The youngest member to the family! Starting from ground zero, you begin moving up with your new dance partner, 'the pole', you will learn beginner pole tricks, seductive moves, and how to blend moves into your first routine! This class will **tighten and tone your body**. It will begin to awaken your sensuality and you will start to move and appreciate your body in a whole new way! Level one class includes various pole spins, engaging upper body, core & legs! This class will definitely make you sweat!

"To graduate to the next level students must perform a personalized or freestyle routine to their own song incorporating level one pole tricks & seductive moves. Leave your nerves at the door, and allow your sweet soul to take over! Your endurance & stamina is on its way!"

POLE Series Two- **Sweet Tarts**

You've graduated to becoming a sweet-tart! You're still sweet yet sharp to the taste!

Your character, spirit and self expression are sweeter than before! Now it's time for advancement! We're taking what you've learned in level one, and we're enhancing pole tricks into a whole new look! Now it's time for your next routine! In addition learning new pole tricks! You're performing moves with an element of challenge, grace, and strength! Beautiful accents and amazing transitions will emerge. You're upper strength, and core is improving and so are you!

"To graduate to the next level students must perform a personalized or free style routine to their own song incorporating both level one & two pole tricks! Your stamina, confidence & endurance is getting sweeter!"

POLE Series Three - **Pop Rocks!**

Congrats! You've exploded into a Rock star!

Now you are really dancing to the movement and beginning to go unscripted. It's time for you to explore advanced pole moves, and spin combinations! We're combining old tricks with new tricks! While adding spice & sweet sultry dance moves! At this level your pole tricks are very graceful, and your agility has improved! This routine is amazing!

"To graduate to the next level students must perform a personalized or free style routine to their own song incorporating level one, two &

three pole tricks & spins! Go ahead Rock Star take the stage is yours!"

POLE Series Four -**Jaw breakers**

There's no breaking you down!

You are powerful! Your pole trick repertoire has grown as well as your self-confidence, strength and grace. Your routine is more advanced and you are completely submerged into the movements and music. Your pole tricks flow seamlessly from one to the next. It's also time to incorporate props (shoes, hats, boas, ect!) You're physically & mentally stronger!

"To graduate to the next level students must perform a personalized or freestyle routine to their own song incorporating everything learned thus far!! Pole tricks learned challenging spins and combinations."

Pole Series Five -**Bonkers!**

Yup, you're officially going bonkers! Upside down We Go!

We're learning inverted tricks & how to climb! You will climb to new heights on the pole and embrace the new power in your advanced pole tricks. You're working every muscle in your body! You're also connected to all elements mind, body & pole. We're revisiting previous spins, and learning more inverted tricks! This Routine resembles cirque Soleil! It's breathtaking!

"To graduate to the next level students must perform a personalized or freestyle routine to their own song incorporating everything learned thus far!! Pole tricks learned challenging spins and combinations."

Pole Series Six -**Bit O Honey!**

You are now "fine as wine...and sweet as honey

Your body has transformed into a powerhouse! You've mastered the art of pole dance ranging from sensual movement, Artist dance, and acrobatic moves! You're now learning complex inverts, and suspensions that demonstrate flexibility, balance, strength, and creativity. We're engaging ALL muscle groups. We're constantly learning & upgrading pole tricks to this curriculum each month. The journey doesn't end. We strive to be innovative in the Kandy & Krome room!

"Congrats! You've graduated into a Kandy Girl! Please grace us with your last performance incorporating ALL levels, sensual movement, and the NEW YOU! A routine worth waiting to see!"

CLASSES

INTRO Pole - First Taste

This is for the everyday woman, all sizes and all fitness levels from novices to intermediates. This experience will add to your sensuality, spice up your life, and give you a new appreciation for dance! This sexy, powerful workout is invigorating! Our intro pole dance classes give you a taste of what to expect! In this beginner pole dance class you'll learn fundamental moves of sexy dance, beginner pole tricks by the end of class you'll know a mini choreographed routine...leaving you wanting more.

Pole Play - Free style practice session

This is your private time to practice on your own. You must have taken at least 2 Series with the Kandy & Krome Room. This class has Minimal supervision. No inversions unless an instructor is present to supervise you or you have been inverting under Kandy Krome Fitness guidelines for a minimum of 2 months. This is a great way to stay on your "A" game, build strength, and extensive pole time!

CIRCUIT POLE

There's nothing sexy about this pole class...except maybe the body it will give you! Get ready for an energetic pole spin class. Nothing but spins, inverts, and other surprises we might throw in! This class will focus on muscle building and toning of the upper body, midsection and legs. This intense cardio class keeps your heart rate up, burning 500 calories! Intermediate to Advance level is recommended for this class!

CANDLELIGHT STRETCH -

The sexiest stretch class you will ever attend! It improves your flexibility, strips away unwanted tension, and opens up a new world of movement. We create a very relaxing atmosphere by stretching to dim lights, subtle music, and distracting the brain while the body tones and tightens. It helps expand your hips abductors, and adductors, increasing strength up to 20%. This class is highly recommended for every Kandy girl!

KANDY -CORE

This sweet and exhilarating workout is a perfect way to learn floor dancing exercises that will tone your core. You'll also learn exotic movements that will turn the heat up in your love life. The moves taught in this class are unapologetic and beautiful. Be prepared to sweat & laugh!

CHOCOLATE "CHAIR-RIES"

Prop time! Use a chair to get your heart pumping while defining your arms, legs and core. Use the unique combination to flirt with your significant other or to let loose whenever you need a quick calorie-burning stress reliever! We've incorporated hand weights and your own body's resistance to sculpt and tone your muscles from head to toe.

ROCK-OUT LOLLI "POPS" -

Pop, Rock and move! This class blends pin-up, go-go & hip hop in a saucy burlesque dance revue! She gets your heart pumping, body working, with a butt firming, stomach toning, that melts seamlessly into a sweet, sexy, "Lolli-"POP" routine.