



# Pole Dancing

By Susan Chepelsky

**I**f you are looking for something different from your dance or exercise class, consider pole dancing lessons. Since being introduced on the Oprah Winfrey show, pole dancing has attracted tens of thousands of women participants. Stars such as Jennifer Aniston, Heather Graham, Terri Hatcher, Kate Moss, Pamela Anderson and Demi Moore are all advocates for pole dancing and use it to stay in shape.

Here in Vancouver, pole dancing is growing by leaps and bounds. Aradia Fitness on Granville Street teaches an average of 250 women each week and last year an astonishing 2000 women went through their program. And it is not just for the young. Contrary to belief, it really does not matter what size you are, how much you weigh or how tall you are, pole dancing is for every body. Most partici-

pants are between the ages of 25-40 years old at Aradia.

Ok, I know what you are thinking ... pole dancing – as exercise!??? It isn't sleazy or seedy but helps women get in touch with their sensual, sexy side, building self-esteem, confidence and self-empowerment.

Pole Dancing is the combination of dance and aerobics, a great cardio vascular exercise. It is muscle building, body toning, flexibility, body posture and suppleness. Pole dancing requires you to support your body weight with your arms and legs which is great for increasing both upper and lower body strength.

It includes spinning moves, static poses and erotic dance. The art of pole dancing is often a lot harder than it looks as it can take many months and hours of sheer hard work and dedication to perfect the moves to make them smooth and elegant.

The moves can be as simple as a basic spin holding on to the pole with both hands to something as complex to spinning around the pole upside down, supporting the whole of you body weight on one arm or one leg or even your stomach muscles! Many of the moves require friction between your own skin and the pole and the friction is what stops you falling.

You can expect great increased muscle definition and toning all over especially in the arms, thighs & buttocks, burning up to 250 calories in one session.

Vancouver is set to host **Sensitille Naturals' Pole Dance Challenge**. 'Come spend an intimate evening with us' on June 28th, 2005 at Crush Champagne Lounge in Vancouver. This is the first ever event of its kind in North America.

If you are interested in being a contestant or watching the fun, see their website for more information: [www.poledancechallenge.com](http://www.poledancechallenge.com) or call 604-879-2623.



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