

Sun Apr 18, 11:30 - 4:30pm \$350 + gst

11:30-4:30pm Pole Fit Certification \$350 + gst

This class is a signature Live Once Inc. Class specifically designed to get your students in great shape using the pole as a tool for fitness without any dance component. Great for those with no pole dance experience, but wanting to teach a unique, challenging and highly effective class. It's a great bonus for studios offering pole dance as it will help your pole dance students increase their strength and endurance for advanced moves while allowing those only interested in fitness to participate and receive the same fitness benefits.

This is also a great program for studios already offering pole dance as it gives clients an option. For those who pole dance is not suited, this is a way to retain your clientele.

Includes:

- 5 hours of in studio instruction
- Proper Warm Up and Cool Down using various equipment
- Safety and other issues specific to Pole Fit
- Complete breakdown of each exercise including proper technique and how to properly instruct each move
- Explanation of specifically which muscle groups are being targeted with each exercise
- Modifications of each exercise with proper level progressions
- How to keep the class flowing while catering to all levels of fitness
- How to structure you classes properly to maintain appropriate intensity
- Practice instructing class
- Various class structure options
- Q & A

You will receive:

- A manual with instructional breakdowns of each move along with the proper modifications and options for different fitness levels, pre-designed lesson plans and more.

- A certification upon successful completion (82% or higher) of both the written and practical exam - you can do your exam immediately following your course or at a later date (within one year from date of course completion)

Prerequisites:

- Current First Aid/CPR

- Current Fitness Certification from a recognized organization (i.e. Can Fit Pro, Ontario Fitness Council...) can be Personal Trainer, Group Fitness Leader, Pilates, and Yoga...