

# REGISTRATION FORM

## POLE DANCE BOOT CAMP & CHAIR DANCE BOOT CAMP

8 WEEKLY SESSIONS, \$125.00

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PLEASE CHECK ONE:

POLE DANCE BOOT CAMP

THURSDAYS 7:00 – 8:00PM OR  SATURDAYS 12:30 – 1:30PM (*check one*)

Bad girls have more fun! A super hot & sexy, full body workout for all ages, abilities and body types. Learn spins, transition moves, holds & poses on the pole combined with seductive floor work and hardcore resistance training intervals. Get long, lean and strong as you learn to work that body and pole like a pro. At the end of boot camp, you'll have a sexy, choreographed pole dance routine for a song of your choice.

**\$125.00 for 8 weekly sessions starting Thursday September 9 from 7:00 – 8:00PM OR Saturday September 11 from 12:30 – 1:30PM (*Space is limited to 6 participants*)**

CHAIR DANCE BOOT CAMP

Let your naughty side come out and play... just like lap dancing, but without a lap! Hot, seductive dance moves to get your heart pumping, using the chair as a prop, combined with hardcore strength training intervals. Seriously sexy, fun and strong, you can't get any hotter than this killer workout!

**\$125.00 for 8 weekly sessions starting Sunday September 12 from 11:30AM – 12:30PM (*Space is limited to 8 participants*)**

*Please make cheque or money order payable to **Flirt Fitness** and mail completed registration form with payment in full to:*

***Flirt Fitness, 3510 Bowen Road, RR#2 Stevensville ON, L0S 1S0***

*Registration and payment may also be made at the studio by appointment (905) 658-7017*  
***Flirt Fitness Studio, 296 Ridge Road, Ridgeway ON, L0S 1N0***