Beginner's Guide

EVERYTHING YOU NEED TO KNOW BEFORE YOUR FIRST POLE CLASS AT SPIN & FLOW

What to wear	What to bring
Cycle shorts, sleeveless top (so you can grip the pole), socks	Water, warm clothes to wear on top if it's cold out

What to expect in your first Intro class

When you walk in, you can remove your shoes and put them in the cubbies (we like to keep our studio floors super clean!). Each studio has a bathroom near the foyer if you need to change or use the toilet.

When you walk into the main pole room, you can set your bag down by the sofa. You'll be greeted by a friendly Instructor who will ask for your name and introduce themselves to you.

Once class starts, your Instructor will lead you in a full body warm up so you're ready to pole.

After the warm up, you'll start learning some of the foundational moves we do in pole. This might include walks, spins, basic tricks, and the different grip points. You might be sharing your pole and taking turns with one other student, or you might have your own pole.

Your instructor will show you a move, have you try it together as a group, and then ask you to keep practicing as they walk around and help each person. The class will carry on like this going over different moves and combinations until the end.

When there are about 5-10 minutes left in class, you will have some "freestyle" time to work on any of your favorite moves from that lesson, and then you'll be guided through a cool down.

After class, you can feel free to ask the Instructor any questions or chat with your fellow students as you gather your things and leave.

We know trying pole can be intimidating and we want to make it less so. If you have a question, WhatsApp us at 01473 970350 and ask us anything!

SPIN & FLOW
POLE STUDIOS

Spin & Flow Pole Studios - Ipswich & Colchester - Book Your Class