

GET READY FOR THE **POLE** PARTY!

WHAT DO I WEAR OR BRING?

Wear non-restrictive clothing (yoga pants, shorts, tank top, t-shirts are fine) and don't worry about wearing heels, **class is taught barefoot**. If you absolutely must bring your heels you can wear them at the end of the lesson when we run the routine as a group! Other than that just bring a positive attitude and we will take care of the rest.



WHAT ARE WE GOING TO BE DOING, OR WHAT SHOULD I EXPECT?

Once you arrive at the studio we will have everyone sign our group waiver and take care of any last minute payments that need to be made. You will then set your stuff down and take off your shoes. We will run you through a fun warm up to get the nervousness out of everyone and get some blood flowing! Then we start teaching you a pole routine. Towards the end of class we will turn down the lights, put on the red lights and disco ball and run the routine with everyone a couple of times! The last 10-15 minutes we will see how everyone is and ask if the group would either like to learn one more move or spin, take pictures, or run the routine again with the remaining time.

CAN WE TAKE PICTURES OR VIDEO?

YES! We encourage it and hope that you do take pictures. Instructors are more than happy take group pictures before or after the party.

IS THERE A PLACE TO CHANGE AT THE STUDIO?

Yes, we have a large restroom where you can change before or after the party. We do have classes and parties scheduled around yours though so please let us know if everyone in the party needs time to change so that we can stop the lesson early to do so.

CAN WE BRING ALCOHOL?

Alcohol is not allowed in the studio during parties due to our insurance policy and for the safety of those attending the class. Plus we find that most people don't do well drinking and spinning around a pole at the same time! =) If you choose to drink prior to getting to the studio please do so responsibly and know that we reserve the right to ask anyone who we feel is overly intoxicated to sit out during the lesson.

WHERE CAN WE PARK?

You can park anywhere on the street in front of our building (we are in the Saltillo Lofts) or across the street around the Metro Rail Station.

VAMPS Dance

1601 East 5th Street Suite 104 Austin Tx, 78702
(Corner of 5th and Comal on the East side)

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