

# March

# Aerial Fitness Boutique



# 2012

## AERIAL ARTS & POLE DANCE EXERCISE

*Greensboro's First and Finest  
AERIAL & POLE DANCE STUDIO!*

**POLE CAMP!!!** Learn how to invert & spin!  
SPECIAL PACKAGE PRICING is \$120 for 8 classes in 4 weeks! Tue's & Thu's at 6:30pm. Camp is pre-paid & pre-registered so your attendance must be approved in advance-thanks!

- Pole Dance 7:15p Mon, 7:15p Wed & Saturday mornings: A mixed level class of beginners & intermediates that have spoken directly with Sabrina and have her permission to participate.
  - Single class or drop-in - \$25 each on TUE or THU only. You must still call/text the day before the class to confirm not already full.
  - Private Pole Lessons (60+ min) \$40 each woman, 2-3 women only, schedule and pay in advance-see fastest skill improvements! Offered 7 days a week by appointment only
  - FRI & SAT - Pole Parties for Birthdays, Girl's Night Outs & Bachelorettes-Schedule now!
- \*\* NOTE: For all 4 week pole packages, there are NO make-ups for missed days.**

Visit our website to pay for classes and parties:  
[www.aerialfitnessboutique.com](http://www.aerialfitnessboutique.com)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Feb 27</b> 7:15pm Pole Dance	<b>Feb 28</b> 6:30pm Pole Camp	<b>Feb 29</b> 7:15pm Pole Dance 7:30pm Open House	<b>1</b> 6:30pm Pole Camp	<b>2</b>	<b>3</b> 10am Aerial Silks 11am Pole Class	<b>4</b> Pole Class (Foundation Techniques) * text 336.253.7023 for for class times *
<b>5</b> 7:15pm Pole Dance	<b>6</b> 6:30pm Pole Camp	<b>7</b> 7:15pm Pole Dance	<b>8</b> 6:30pm Pole Camp	<b>9</b>	<b>10</b> 10am Aerial Silks 11am Pole Class	<b>11</b> Pole Class (Foundation Techniques) * text 336.253.7023 for for class times *
<a href="http://www.aerialdancepolefitness.com">www.aerialdancepolefitness.com</a>			<a href="http://www.facebook.com/sabrinawoods.polefitness">www.facebook.com/sabrinawoods.polefitness</a>			
<b>12</b> 7:15pm Pole Dance	<b>13</b> 6:30pm Pole Camp	<b>14</b> 7:15pm Pole Dance	<b>15</b> 6:30pm Pole Camp	<b>16</b>	<b>17</b> 10am Aerial Silks 11am Pole Class	<b>18</b> Pole Class (Foundation Techniques) * text 336.253.7023 for for class times *
<b>** BEST CLASS PACKAGE ** - TUE &amp; THU at 6:30pm</b>						
<b>19</b> 7:15pm Pole Dance	<b>20</b> 6:30pm Pole Camp	<b>21</b> 7:15pm Pole Dance	<b>22</b> 6:30pm Pole Camp	<b>23</b>	<b>24</b> No Classes	<b>25</b> No Classes
Texts preferred, or Call Sabrina at 336-253-7023					<i>Sabrina competing in New Orleans for SRPDF Championships</i>	
<b>26</b> 7:15pm Pole Dance	<b>27</b> 6:30pm Pole Camp	<b>28</b> 7:15pm Pole Dance	<b>29</b> 6:30pm Pole Camp 7:30pm Open House	<b>30</b>	<b>31</b> 10am Aerial Silks 11am Pole Class	<b>Apr 1</b> Pole TBA
<b><i>LEARN to Dance, Spin, Climb &amp; Invert too!</i></b>						