

POLE FITNESS

by Jane Seaman



Joanne Roper created The Goddess School of Pole Dancing in 2003 and soon established it as the South East's leading pole dance school. Its main focus has always been to increase women's self-esteem and body confidence. All the courses are developed with this aim in mind. Classes are offered at venues in Maidstone, Canterbury and Tunbridge Wells.

Earlier in the year, 36 year old Jo and her instructors were involved with the Heart of Kent Hospice Moonlit Walk, motivating up to 500 women with one of her lively warm-ups. She has performed her routine on Channel 5's Trisha Goddard Show in front of celebrities, and at the London launch of the Pole Dance Federation, as well as the hugely successful Masked Charity Ball at the Ramada Hotel in Maidstone last year, raising over £7000 for the Macmillan Nurses.

Says Jo, who has worked in the fitness industry for over 16 years,

"I am deeply passionate about this style of exercise, as it is hugely empowering and a highly effective tool for building self-confidence. The high standard of teaching is paramount; my extensive Pilates knowledge is incorporated into all my classes, creating a unique fusion of pole dance technique, dance moves and the core structuring work to support them."

Jo offers pole dancing courses at all levels, from beginners to advanced, and, more recently, tuition in the stunning circus skills of aerial tissu, static trapeze and aerial ring (all of which compliment pole dancing beautifully).

For details of classes visit
www.pilatesstudiokent.co.uk
or ring Jo on 01622 763965