

# Work it girl, work it



Joanne Roper

Over the last few years exotic dance has shed its back-alley image and nowadays most girls would be satisfied with dishing out only a mild ear-bashing to their man for visiting a club. But thanks to pole-dancing goddess Joanne Roper, Kent's smart girls are going one better and getting in on the act themselves...

Thanks to having lived in the lap-dancing capital of Europe (that's Birmingham for all you pervy guys still reading) I have an almost worrying familiarity with strip clubs, from the plushest to the grittiest. So when

**We went to check out Cardiostrip-tease, the fun new fitness craze that's sweeping the nation.**

Joanne invited me along to one of her classes I didn't really know how this would translate into a women's fitness class. Far from the cattiness that friends tell me is common on the professional circuit, the first thing that struck me when I arrived was the fun and friendly atmosphere, with all the girls laughing and chatting as they helped each other with new moves. However, as soon as Joanne started to put her intermediate

class though their paces it became clear that this was going to be a serious workout.

Another thing that amazed me was just how good they all were at working that pole, shimmying up it like Caribbean coconut collectors before spinning themselves

around, attached it seemed only by blind faith. This class had only been doing Cardiostrip-tease for six months but Joanne assured me it was possible to get to the point of not totally embarrassing yourself within three. It's the effortless grace of the professionals



that takes longer to come.

Make no mistake though, Cardiostrip-tease will be working your body hard from the off and everyone I spoke to was raving about how every part of their body had toned up, which makes sense really when you're talking about dangling your entire bodyweight from just one limb. Everyone also said that their confidence had sky-rocketed and that even after only one class they felt completely different about shaking their thang as it were, as Jo says 'the nerves soon go, it's just a matter of breaking the ice'.

This class of true

converts had nothing but praise for Cardiostrip-tease as a fun and sexy alternative to boring fitness classes. As one devotee, Karen from Cranbrook, said 'it's just addictive' and so, far from being a punishment, it looks like we may have found a fitness class that is (gasp) enjoyable. In fact, some of Joanne's devotees have even started to compete in amateur competitions, with star pupil Roxy (pictured left in pink) recently laying the smack down for Kent at the Miss Pole Princess competition in Hertfordshire. But for some real showboating just watch the lovely Joanne, who regularly visits Las



Vegas and New York to bring back the latest moves. Believe me, what Joanne can't do with a pole probably shouldn't be done. And, if that's not enough to inspire you towards polecat perfection just check-out the fantastic shape she's in.

[www.cardiostrip-tease.co.uk](http://www.cardiostrip-tease.co.uk)

Now, where's that hand powder, these poles get slippery.

*Joanne teaches classes in both Maidstone and Tunbridge Wells, call 01622 763965 to find out more.*



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