

Join us for the first annual **Embrace – Pole Art & Fitness**

Christmas Camp



Tuesday, December 27 @ 6:00 pm

Handspring Master with Lauren

One hour intensive on handsprings, focusing on using different grips, different air positions, and improving the non-dominant side. We will also review training exercises for Iron-X and deadlift. Level 5 or higher recommended.

Tuesday, December 27 @ 6:00 pm

Inversion Ninja with Jade

Become a pro at inverting! Whether you're just starting your upside-down adventures or you're taking your inversions higher, this class is the perfect training tool. We will review basic inversions, aerial inverts, shoulder mounts, and funny grip invert. Level 3 or higher recommended.

Wednesday, December 28 @ 6:00 pm

Splits Intensive with Lauren

This stretch class focuses solely on splits. Feel improvement after only one hour! Open to all levels.

Thursday, December 29 @ 6:00 pm

FlipShop with Jade

Get your flip on in this fun and exciting class! Learn pole assisted flips and flip dismounts, as well as safe ways to train for flips. Level 4 or higher recommended.

Thursday, December 29 @ 7:00 pm

Brass Class with Keyona

Learn all things brass monkey! This class will review brass monkey variations as well as new and interesting ways to transition in and out of brass monkey tricks. Level 4 or higher recommended.

Friday, December 30 @ 6:00 pm

Get Low with Keyona

Find your flow with low transitions and floor work incorporating the pole. Level 2 or higher recommended.

\$20 per Class

Members receive 25% off

Sign up online, on our mobile app, or email lauren@embracepoleart.com