

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](mailto:lauren@embracepoleart.com)