



## Our Studio

**The Pilates Center of Olympia (PCO)** opened its doors in 1998. We offer apparatus, mat, swings, and pole instruction in the method of Pilates. All instructors at PCO are fully certified. Our studio is 1800sf with 1000sf devoted to class space. We are located at 515 State Ave NE, Olympia, WA 98501 – 2.5 blocks off Plum Street. Meter parking is available and clients can park in the gravel lot next door after 5 pm.

## Pole Dancing

We have seven 10' fly around poles. Four are also spinning poles for more advanced work. Combining the principles of Pilates with pole dancing, we have coined our offerings "Pole-Lates". In the course of the **Intro to Pole Class** (Tuesdays 6:30pm) you will learn a full routine. In **On-Going Pole** (Tues 5:30pm) you will continue to practice and learn new techniques while developing: increased cardio stamina, increased body strength in upper, lower and core, balance and joint stability/mobility, flexibility, coordination, range of motion – posture, AND pole dancing serves to bring joyfulness and acceptance into your relationship with your body. Although some of you may have partners who will benefit from what you are learning – remember, this is for YOU!

Pole dancing is tremendous fun. You will end up laughing a lot. Experiencing the body in motion and gentle centrifugal force literally lightens the body. It elevates serotonin levels and generates natural opiates, dopamines, and oxytocin – the "good feelin' chemicals" occurring naturally in the body. This in turn, increases immune function. *It's ALL GOOD!*

## What to Bring? What to Wear?

For basic pole dancing, just dress comfortably; leggings, yoga pants, pj bottoms, sweats, long-sleeved shirt, long underwear top... Feel free as well, to dress in anything you feel "sexy" in. \*Make sure the neckline of your shirt does not scoop down too far in the back or you might stick to the pole during slide downs. Optionals: Light-weight neoprene knee support (knee brace) to grip and protect: Jazz thongs (lyrical sandals) to create a little more pivot protection through the ball of the foot. Leather jazz thongs are available for purchase at the studio. **NO LOTIONS** on the poles. **Prior to class, please wash your hands, feet, and any skin surface that will be touching the pole.**

## Pole Class Offerings

- **INTRO to POLE CLASS – TUESDAYS 6:30pm.** Where ALL ladies begin and On-Going students "refresh".
- **ON-GOING POLE – TUESDAYS 5:30pm** – Students **MUST** have completed at least one pole party or four Intro to Pole classes.
- **POLE PARTY** – Minimum 6 ladies – maximum 28 - 2 hr party at our studio \$30+ tax each lady. \$180 deposit required. Includes hostess gift bag! Everyone learns a full pole routine.
- **CHAIR PARTY** – Minimum 6 ladies – maximum 28 - 2 hr party at our studio \$30+ tax each lady. \$180 deposit required. Includes hostess gift bag! Everyone learns a full chair routine.
- **RETRO-TEASE PARTY** – Minimum 6 ladies – maximum 28 - 2 hr party at our studio \$30+ tax each lady. \$180 deposit required. Includes hostess gift bag! Everyone learns a full Retro-Tease routine.

## Common Questions

### 1. I'm really out of shape. Will I be able to do this?

Well, you're going to get BACK in shape if you continue with pole dancing. You will never be forced to perform a move or exercise that feels compromising to your body. Ladies from 18 to 80 years have enrolled in pole dancing. Ladies from underweight waifs to the cooly curvy have all enjoyed the class. In class, you will feel increasingly comfortable and able as the weeks go by. No worries!

### 2. My mom wants to take the class with me, but she has some knee issues. Will she be ok?

Yay for you and your mom taking the class together! With physical issues such as backs, knees, shoulders, etc., there will always be specific moves that simply must be avoided; however, we will always provide alternatives when needed to keep you safe. Most issues actually BENEFIT from the classes.

### 3. I'm really shy and don't think I'll like doing this in front of others.

We felt that way too a few years ago. In our experience with these classes, we find that the more ladies in the class, the more profoundly connected they feel. The energy is high and playful. Everyone is simply doing their best to perform themselves – so they are not watching each other, instead they all just blend into a tangle of 'girlfrenz' each doin' their thang.

### 4. Classes on the schedule. What if I can't make one of the classes? How will I make it up?

We have readjusted our Intro to Pole Classes from a series of four classes, to four classes you use as your schedule allows. The Intro to Pole Class is on Tuesdays at 6:30 pm. We recommend that newbies stick with it in the beginning and attempt to attend consecutive classes over four weeks to build strength and memorize the basic routine. We also, however, want this to be convenient, so if you simply can't make the session – make sure to give 24 hour cancellation notice, otherwise you will be charged for any spot you have reserved in a class.

### 5. I've been wanting to do this for so long – I really want to do an inversion! Are we going to get to learn inversions and the trick stuff that looks so cool?

When thinking of pole dancing, most everyone sees themselves learning inversions and impressing all of their friends. Inversions are very difficult to do correctly and safely. In order to perform an inversion without momentum, jumping, thrusting, or kicking – one must have considerable core and upper body strength. This develops over time. You must also be comfortable exposing a lot of skin as it is the skin that allows you to stick to the pole. We are adamant that the focus must be on the process not some great final goal of being upside down on the pole. Be patient. Our liability must also be respected. Inversions fall in the category of "tricks". Tricks WILL be learned in time, but do not be surprised if it takes two years to do a well-executed inversion. This is the standard protocol of all pole dance providers out there, from Sheila Kelley (S-Factor) to KT of Vertical Dance. Inversions and tricks are NEVER allowed at pole parties.

### 6. What's the age limit?

18 and over. 16 and 17 year-olds are ONLY permitted with their mother's mutual participation or permission.

### 7. What if I don't like it? Is there a way I can come try it out...or observe?

We DO NOT allow observers at parties or classes. If you are really that ambivalent, book a private session for \$50. If, after your session, you decide you want to continue, we will credit \$10 of the \$50 to your Intro Series.

### 8. Where do I park?

There is meter parking all around; 4<sup>th</sup> Ave. State Ave, Cherry, and Jefferson. After 5pm street parking is free and you can also park in the gravel lot just past our studio.

### 9. So how much does it COST?

Parties are \$30 + tax each, minimum six ladies. Parties of over six ladies STILL pay \$30 +tax each. Intro to Pole Dancing for Fitness Classes are \$100 +tax for four classes, after which you can take On-Going Pole Classes at rates ranging from \$7 to \$22 per class depending on which package you purchase. Aerial Pole classes are also offered by Pilates at Play Independent Contractor, Mollie Clinton.

Please complete the payment form below and return with it with your deposit payment to:  
The Pilates Center of Olympia, 515 State Ave NE, Olympia, WA. 98501  
The best way to return paperwork/deposit is to drop it by the studio \* or fax: 360-426-3339  
\*If studio is not open – just slip your envelope through the double front doors.

## Pole Party Registration Form

I want to book a 2-hour Party at the Studio for approximately \_\_\_ ladies (6 minimum / 28 maximum) @ \$30 +tax each

DATE: \_\_\_\_\_ 2-HR TIME: \_\_\_\_:\_\_\_\_ to \_\_\_\_:\_\_\_\_

HOSTESS: \_\_\_\_\_ PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

Parties are held in our studio which has: seven poles, surround sound, festive atmosphere, and ample space for everyone to learn simultaneously. One free hostess gift with every party booked. To streamline the process, we ask the hostess to collect \$30+tax and medical forms from each participant **in advance**, and present upon arrival. Please write participants names on the payment sheet. **In the event the 6 lady minimum is not met – all participants will split the minimum party fee of \$180 + tax.** Parties can be booked for Fridays between 7 and 10 pm, Saturdays between 4 and 10 pm, or Sundays between 4 and 9 pm.

### Cancellation Policy

You must cancel your party at least 8 days before your scheduled party date to avoid charges. Cancellations 3 to 7 days in advance will be charged 50% of the minimum party fee (\$90 + tax). Cancellations 2 or less days in advance or no shows will be charged the full minimum party fee (\$180 + tax).

*I acknowledge that I understand the cancellation policy.*

\_\_\_\_\_  
Hostess Signature

### Pole Party Deposit: \$180

Deposit is only processed in the event of a late cancel or no show.

\_\_\_ Attached Check (to PCO) / Amt \$ \_\_\_\_\_ or

Charge my VISA/MC # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp \_\_\_/\_\_\_ Security Code \_\_\_\_\_

Signature: \_\_\_\_\_

### Is this a surprise party?

Let us know. We have a trick up our sleeve!"

### Common Questions

- **Where is the studio?** On State Avenue between Cherry and Jefferson in downtown Olympia
- **Where do we park?** Lots of on street parking (free after 5pm/weekends) & gravel lot after 5pm.
- **What do we wear?** Long sleeves and pant legs are best & you'll have bare feet.
- **Do we have to strip?** Not unless you have a hankering to. No stripping involved - just fun.
- **Are any men there?** No. Ladies only.
- **Can we bring refreshments?** For Parties, yes. BYOB. Any treats or beverages you like...at your own risk. ☺
- **Do I have to be in shape?** No. Just a good sport.

Every pole party attendee must complete this form. Hostess, please collect all forms prior to the party.



### PILATES CENTER OF OLYMPIA - MEDICAL HISTORY

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
HOME PH: \_\_\_\_\_ CELL: \_\_\_\_\_  
E-MAIL: \_\_\_\_\_ SEX: M F DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_  
EMERGENCY CONTACT: \_\_\_\_\_ PH: \_\_\_\_\_

Any injuries or surgeries? (Circle) Y N When? \_\_\_\_\_

Explain: \_\_\_\_\_

Any conditions or concerns? (Circle)

KNEES NECK ELBOWS SHOULDERS HIPS HANDS FEET WRISTS ANKLES SCOLIOSIS ARTHRITIS HEART LUNGS ASTHMA  
ULCERS SCIATICA UPPER BACK MIDDLE BACK LOWER BACK PREGNANCY

Explain: \_\_\_\_\_

How did you hear about us? Internet\_\_ Media\_\_ Drive / Walk By\_\_ A Friend (who?) \_\_\_\_\_

What are your goals for Pilates and/or pole-dancing? \_\_\_\_\_

### Policy Statement and Client Responsibility Admission

#### PAYMENT / CANCELLATION POLICY:

I, the undersigned, do hereby indicate and understand that the hostess for this party will provide a **deposit of \$180 in advance to reserve the party date**. I also understand that Medical/Liability forms must be completed in advance and upon arrival to party presented along with **full payment of \$32.61** (check to PCO, exact cash, or Credit Card Coupon for each participant) to PCO party facilitators.

I agree to arrive **on time** for the party and understand I can arrive 15 minutes in advance to set up any refreshments we may bring.

**Note about pole-dancing:** These offerings were developed for women new to pole-dancing and are intended to provide personal fulfillment, exercise, and boost self-esteem. Our goal is to provide a safe and comfortable environment for women. We reserve the right to terminate service to any student misrepresenting themselves or behaving in a disruptive or intimidating manner in class. All party guests must participate to the best of their abilities. Modifications are readily available for those with physical issues. We discourage the attendance of non-participating guests as the atmosphere we nurture and create for pole parties changes when a person chooses to watch instead of participate. It conveys a sense of judgment. Unless there are critical physical reasons a person cannot participate – we ask ALL to join in. All present for a party must pay \$32.61.

#### LIABILITY RELEASE:

I understand that I am learning pole-dancing at my own risk and am responsible for my own well-being. I understand that I must inform the instructor of any limitations by stating such on the medical portion of this form and that the above information is true and correct. I also understand that I am prohibited from performing inversions.

I accept the potential risk involved in learning pole-dancing and release Trisha Hatfield-Graves, Paul Graves, Calisha Nicole Baker, Heather R. Christopher, Mollie Clinton, Jay Delozier, The Pilates Center of Olympia, LLC, and any and all other instructors affiliated with The Pilates Center of Olympia from any liability resulting from personal injury incurred during any parties or activities.

All statements are true. I have read and understand the above.

*I understand that my group must give appropriate cancellation notice or full party charge is incurred.*

\_\_\_\_\_ Initial

CLIENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**PLEASE COMPLETE THIS FORM AND GIVE IT AND YOUR PAYMENT OF \$32.61 TO THE PARTY HOSTESS PRIOR TO YOUR SCHEDULED PARTY.**

*Thank you. You're going to have a BLAST!*





**VISA/MC PMT FORM**  
**PARTY DATE: \_\_\_/\_\_\_/\_\_\_**  
**(\$32.61 per person)**

NAME: \_\_\_\_\_ AMOUNT: \$\_\_\_\_\_.

Visa/MC # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Expires: \_\_\_/\_\_\_ CCV: \_\_\_\_\_

Signature \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

Are you paying for another person s well as yourself? Y N (if so, please provide name of that person)

\_\_\_\_\_  
(name) (name)

**(If paying for more than 3, including yourself, please use the back of this form)**

**VISA/MC PMT FORM**  
**PARTY DATE: \_\_\_/\_\_\_/\_\_\_**  
**(\$32.61 per person)**

NAME: \_\_\_\_\_ AMOUNT: \$\_\_\_\_\_.

Visa/MC # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Expires: \_\_\_/\_\_\_ CCV: \_\_\_\_\_

Signature \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

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\_\_\_\_\_  
(name) (name)

**(If paying for more than 3, including yourself, please use the back of this form)**

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**PARTY DATE: \_\_\_/\_\_\_/\_\_\_**  
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(name) (name)

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