

Pole Play
Fitness



KRISTIAN LEBEDEV

Coming to Pole Play Fitness in Raleigh NC



January 28th and 29th 2015

Kristian's most recent title among many previous rankings...

(Winner 2014 World Pole Sport & Fitness Championship London)

His pole style is athletic and strength based with a great passion for teaching his skills to others.

Wednesday Jan 28th 6-7:30pm Acro/Pole/Yoga-Int/Adv \$70

This class is dynamic training in pairs and includes freewheeling acrobatic elements, spins, slides transitions and tricks. The movements are acrobatic in nature and are strength, balance and flexibility based.

Thursday Jan 29th 6-7:30pm Pole Sport & Fitness-Beg/int \$70

A great workshop for the more novice poler who is looking to improve their basic skills and learn better techniques and tips to elevate their ability.

Thursday Jan 29th 7:30-9:0pm Pole Sport and Fitness int/adv. \$70

For the seasoned poler who is ready to take it to the next level learning impressive tricks like the "starfish", "skyline", "full moon" and so many more!

****"COVETED" Private lessons will be available on both days and may be booked online along with workshops. go to WWW.POLEPLAYFITNESS.COM**