

The Essential Guide

POLE FITNESS • AERIAL HOOP • EXOTIC DANCE

WHAT TO EXPECT, WHAT TO BRING & WHAT TO WEAR



Zensual
DANCE FITNESS

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"WHAT AM I DOING HERE?"

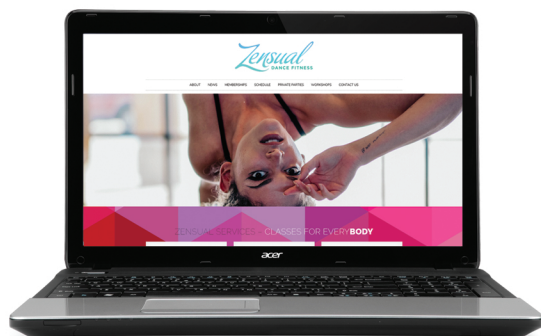
HERE ARE SOME ANSWERS TO COMMON QUESTIONS.



Welcome to the world of aerial arts!

New comers to the aerial world are full of questions (and usually a fair amount of apprehension), so we designed this guide to give you an idea of what to expect. You'll also find helpful tips on how to dress for class, what to bring with you, and how to get the most out of your experience at Zensual Dance Fitness.

We at Team Zensual are a passionate group of athletes, dancers and aerialists. We are your mentors, your cheerleaders, and, most importantly, your friends. To us, dance isn't a job... it's a way of life.



Visit zensualdance.com or download the [Zensual app](#) to sign up for classes, purchase memberships and punch cards, and view our current schedule of weekly classes and workshops.

Dispelling Myths

"I don't have any upper body strength"

Neither did we, at one point.

Everyone starts somewhere! Zensual's curriculum is designed from the ground up to give you all the necessary tools to get the most out of your aerial goals. Bring a positive attitude, and we'll guide you through the rest.

"Can the pole (or hoop) support my weight?"

At Zensual, we welcome women and men of all shapes and sizes.

We have gone to great lengths to ensure our equipment is installed properly, and checked for safety on a daily basis. Rest assured; our poles and aerial hoops are rated to hold up to 250 pounds.

"I'm so clumsy and uncoordinated"

Many of our newcomers think they don't belong because they don't have any dance experience.

Again, everyone starts somewhere! Though several of our instructors have professional dance and choreography training, the rest of us regard pole and exotic dance as our foray into the dance world. And we've got numerous awards and certifications to prove our skills.

"I'm too _____" (fill in the blank)

Still have concerns about entering the world of aerial arts? Contact us.

We are here to answer your questions and make sure you are comfortable with your decision.

"WHAT SHOULD I WEAR?"

HERE'S HOW YOU SHOULD DRESS FOR CLASS.

Pole Fitness



The more skin, the better.

Grip is essential in pole, and that's what your skin is for. Your most common points of contact will be hands, inner arms, waist, thighs, shins and feet.

Recommended attire:

- Shorts
- Tank top
- Sports bra
- Athletic shoes (for warmup)

Aerial Hoop



Layers, layers, layers.

Unlike pole, you do not need your skin for grip. Instead, wear more layers to cushion your joints from the steel hoop.

Recommended attire:

- Leotard
- Leggings
- Long sleeve shirt or sweater
- Leg warmers

Exotic Dance



Make it comfy, but keep it sexy.

Whether you're dancing on a chair or slinking around on the floor, range of movement is the most important part. And feeling sexy.

Recommended attire:

- Leggings or shorts
- Loose-fitting top
- Leg warmers
- Heels

Flexibility



Think yoga: tight and form-fitting.

Whether you're flashdancing on a chair or getting your sexy flexy on, let's be comfortable and use our full range of motion.

Recommended attire:

- Leggings or yoga pants (NO SHORTS ALLOWED)
- Fitted top
- Sports bra
- Leg warmers

"WHAT SHOULD I BRING?"

HERE'S WHAT SHOULD BE IN YOUR BAG.



Towel

Sweating is inevitable. While towels are provided, many students prefer to keep one of their own on hand.

Tip: We recommend microfiber for its superior absorbency!



Water

This is the absolute most important thing to bring. You'll be working hard, so it's crucial to stay hydrated!



Grip Aids

We all struggle with finding the perfect grip... whether you've got sweaty or dry hands (or anything in between), there's a perfect grip aid out there for you. **Our favorite brands:** iTac, Dry Hands, Tite Grip, Liquid Grip and Mighty Grip (for sale at the studio).



Protective Bodywear

Leg warmers are useful for trapping in body heat and promote flexibility during floorwork. Knee pads should be used by those with sensitive joints (available on request).



Recording Devices

Track your progress and critique your work after you leave by recording tricks and dance sequences in the studio. Just remember to be respectful of those around you!



Topical Remedies

For skin irritation from excessive friction, we recommend Calendula cream and Corn Huskers lotion for dryness (available at local drug stores).



Assistive Bodywear

While we don't recommend using these every day, gloves, knee & ankle wraps can provide extra protection & grip while tackling particularly challenging tricks.



Heels

Although heels are always optional, we encourage them--especially in dance classes. **Our favorite brand:** Pleaser (available online and at novelty stores).

"WHAT SHOULD I EXPECT?"

HERE'S SOME INFO TO HELP YOU PREPARE.

Before Class

Pre-register to hold your class spot. If it's your first time at Zensual, you will need to allow extra time for signing a waiver and addressing payment (if not paid online).

Do you have everything you need? Refer to pages 3-4 of this guide for a breakdown of what to bring and wear to class.

Arrive at least 10 minutes early. At your first class, leave extra time to sign a waiver of liability. Classes begin on time, so when the door is closed, the warmup has begun and you are officially late. For the consideration and safety of everyone else in class, do not enter the classroom. We look forward to seeing you at your next class!

ZENSUAL TIP



Because hand grip is crucial for safety and proper execution of aerial moves, **avoid the use of body lotions and oils** at least 6 hours before the start of your class.

REMINDER



All cellular devices should be set to silent for the duration of your class to prevent distraction. A quick text is ok, but phone calls should be taken outside of the classroom.

During Class

Follow instruction. Our certified instructors have trained extensively to ensure your safety. While it may be tempting to try new things on your own, please save freeplay for the appropriate time.

Be mindful of your classmates. While we encourage camaraderie among classmates, please be mindful that every person around you has elected (and paid) to be there, and excessive chatter can be very distracting.

Ask for help. Struggling with a specific move? Do you have a pre-existing injury you're nervous about? We won't know unless you ask, so bring it to your instructor's attention (at the proper time).

Stay for the cooldown. When the core of your class has ended, it's tempting to duck out early. Not only is this distracting to your classmates, you are missing an essential part of your workout. The cool down will prevent muscle tightness and subsequent injury.

After Class

Bruising and soreness are common. Pole dancing and aerial hoop demand quite a bit of body-to-aparatus contact. It's very common to experience muscle soreness, tightness, and tenderness for up to 5 days after your first class. Bruising is also common, and totally normal.

Book your next class in advance. Our classes fill up quickly. If you loved your class, plan ahead by registering for your next opportunity to learn. Visit zensualdance.com or open the [Zensual app](#) to book your spot.

Questions? Concerns? We take feedback seriously, and always strive to improve. If you have questions, concerns, or just some general feedback, please bring it to the attention of your instructor. Be mindful of your instructor's time, however, as there may be another class afterward.

ZENSUAL TIP



To reduce soreness and swelling, **ice any sore areas for 15 minutes, followed by a 30-minute hot bath** with Epsom salts. Calendula cream can help alleviate raw skin and prevent callouses (*all can be found at your local drug store*).