

# Frequently Asked Questions!

## *What do I wear to a pole class?*

Please make sure you wear appropriate clothing, less is better where you feel comfortable as exposed skin helps for grip in the pole! (shorts/vests/sports bras). Even a bikini costume will do - you don't need expensive pole wear! Wear what you feel comfortable in, but exposed skin is more beneficial for grip.

Please **do not** wear anything metal or jewellery as this can scratch our poles or can cause injury. Be sure not to use any moisturiser/oils or product on your skin either as this can make the poles greasy and more difficult to grip!

## *What do I bring to a pole class?*

- A refreshing drink
- A pole cloth (microfibre tea towel works fine!)
- Deodorant
- Grip aids (this isn't necessary though!)
- Knee pads (if you are doing a heels class)

Please try not to bring too much with you, keep bags to a minimum as we are a small studio!

## *I'm going by myself... is this okay?*

Absolutely! Our class sizes are between 8-10. Classes are a great way to meet new people of all different abilities and backgrounds.

## *I've never done pole before... Can I still go to a class?*

Of course! We all have to start somewhere!

Many students that join HUP for the first time are first timers. Everyone progresses at different levels.

Our classes are not restricted to levels of ability and can suit anyone and everyone from complete beginners to intermediate to advanced polers.

## ***Do I need to be strong and flexible?***

Not at all! You do not need any background in fitness to attend our classes. Skills develop over time, everyone's pole journey is different!

It's a common misconception that you need "upper-body strength" to do pole, while it does help it absolutely doesn't limit you and isn't necessary.

## ***Do I need to be able to dance?***

Not required either! Our instructors cover all the basics, we offer regular heels classes and lyrical classes and beginners are always welcome, no experience necessary!

Some polers aren't interested in the dance side of things at all and that's fine too! Pole is what *you* make it.

## ***Do I need heels to do a heels class?***

Nope! Instructors can teach heels classes to people in heels and without. We know heels can seem quite intimidating and can sometimes be quite expensive too and we want to make pole as inclusive as possible!

Some members bring spare/old heels to classes so it might be worth asking in the chat if anyone is happy to lend you a pair to try.

Remember to bring knee pads if you are attending a heels class and an extra pair of socks for comfort!

## ***I want to buy my first pair of heels... Where do I start?***

Firstly, we recommend knee pads as there can be floorwork involved. Safety first!

Pole dancing heels are different to normal going-out heels, they have a platform and are usually a bit taller.

We recommend starting with 6" or 7" heels to begin with before you try anything taller.

Our members LOVE Pleasers and Hella Heels, these are some good brands to look out for.

Heels can be quite expensive, polejunkie often runs regular sales. Buying second hand can be an option, but do be careful. Buying from vinted and depop comes with a risk. Facebook groups that focus on pole fitness secondhand sales also might be an idea.

We also recommend a heels cover to keep them looking new!

## ***I want to buy a pole... Where do I start?***

Our studio uses X Pole, our stage poles are also X-Pole. To find the right pole for you, we recommend using [X-Pole's guide here](#).

## ***How much are classes?***

Classes are £5 with a membership.

During our Give It A Go sessions, classes are £1 for new members and you do not require a membership. You may only book and attend one of these sessions.

[You can buy classes on the Hallam Students' Union Page](#).

## ***Where do I buy memberships?***

[You can buy memberships on the Hallam Students' Union Page](#). We offer two memberships.

Standard Membership - this is for all current Hallam Students.

Associate Membership - this is for graduates and others.

## ***How do I get to Butterfly Fitness Studio?***

Our studio address is:

Butterfly Fitness Studio

49a Valley Road

Sheffield, S8 9FT

The studio is located in a courtyard, behind a black gate next to a red door. Once through the gate/door go across to the right hand side of the courtyard, and the studio is located up some black metal stairs. There are internal blue shutters on the windows.

You can take these buses from the City Centre to Chesterfield Road:

- 20
- 24
- 25
- X17
- 43
- 44

Please be sure to allow plenty of time for arrival as buses can be late. If you are more than 15 minutes late you will not be allowed into the studio.

## ***What dates and times are the classes?***

Classes will be announced at the start of each week for any changes.

You can view the classes available on our Students' Union page.

You can also check our instagram page and our facebook page for an updated version.

## ***I can't make it to a class anymore, what do I do?***

Once a class has been bought it **cannot** be swapped to a different day/week.

If you are unable to make it to a class then please feel free to post it onto the Facebook page or members chat where another member may buy the place off you, we are unfortunately unable to offer refunds on classes.

The society committee and students union will not be responsible for the swapping of classes between members, including the payment.