

Twirly Girls Pole Fitness

We Appreciate Your Using Twirly Girls for Your Special Event! We want everyone to have the best experience possible. We take our fun seriously so please read the following and forward it to all your friends who will be attending the event! Here are a few guidelines for your party:

- Please do not wear any jewelry that may come in contact with the pole, rings, bracelets, watches. (scratch the pole)
- Do not wear any body lotion on your hands or legs during the Party. Lotion will cause you to slip.
- Wear shorts or pants you can roll up. Anything you would wear to the gym is fine.
- Bring heels if you fill comfy in dancing in them. I normally teach barefoot.
- For your safety intoxicated guests will not be allowed to participate on the Pole.
- Absolutely no running or jumping on the pole.
- Safety first!

Your party is scheduled for 2 1/2 hours. Your instructor will notify you at the 2 hour mark so you have to time to pack your items, take final pictures etc. There is a charge by hour after your allotted time.

How to find the studio?

The entrance to our Studio is on Spring Street. On the corner of **Spring and Main St. is New York Pizza Parlor**, there is a **driveway** behind the pizza parlor, walk to the end of the driveway and you will the door with a Twirly Girl Sign. Please park on Spring Street and not in the driveway.

I am in walking distance to many restaurants and a few night spots in downtown Pleasanton..

Prior to the party:

- Everyone must sign a waiver regardless if you decide to Pole or not. (See Waiver form on the web site.)
- I have costumes, wigs, hats, boas for dress up
- which makes it fun for pictures, or fill free to wear something sexy to take Pole Pictures!
- If you have any questions please call!

Thank you. See you soon and...don't forget the camera!