STUDIOFINDER — GUIDE

Pole Fitness Myths and Your First Class

Pole fitness is a strength and dance practice. You do not need to be strong, flexible or confident to start. A first class includes a warm-up, basic spins and conditioning.

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Pole fitness is a form of exercise and dance on a vertical pole. It is taught in studios around the world. Many myths keep people from trying it. This guide names the common ones and tells you what a first class is like.

Myth 1: You must be strong

You do not need to be strong to start. A beginner class uses spins and walks around the pole. These need little strength. The class builds strength over weeks. Expect sore arms, shoulders and core after the first class.

Myth 2: You must be flexible

No. Flexibility helps for some moves. Many other moves rely on strength and technique. A teacher gives you options that suit your body.

Myth 3: Pole fitness is only for one kind of person

Studios have students of many ages, sizes, genders and backgrounds. People come for fitness, for dance, for strength or for fun. Pole is also a competitive sport. Some federations, such as the International Pole Sports Federation, run competitions. Most students never compete.

Myth 4: You must be confident

You do not. Many students feel shy in a first class. Studios with a beginner focus are used to this. You choose how much to share. Ask the studio about its privacy rules and what you may film.

Myth 5: It is not real exercise

It is. A class works the trunk, shoulders, arms and legs. You also move through a warm-up and conditioning. The effort depends on the class and on you.

What a first class is like

A typical beginner class lasts 60 to 90 minutes. Class length differs by studio. A first class often includes:

1. **Welcome.** The teacher asks about injuries and goals. Tell them about anything that matters.
2. **Warm-up.** Wrists, shoulders, hips and spine.

3. **Pole basics.** How to hold the pole. How to walk around it. A first spin.
4. **Conditioning.** Strength work for the core and arms.
5. **A short combination.** You link two or three moves.
6. **Stretch.** A cool-down.

Some studios offer low poles and mats. The poles may spin or be fixed. Ask which type the class uses.

What to wear and bring

Wear shorts and a fitted top, or the clothes the studio suggests. Do not put on lotion, oil or sunscreen on the day, because they make the pole slippery. Take off rings and long necklaces. Bring water and a small towel. Read our guide on what to wear and bring.

Safety and comfort

- Tell the teacher about injuries, pregnancy and any recent surgery.
- Stop if a move hurts. Pain is a signal.
- Ask how the studio cleans its poles.
- Ask how many students share each pole.

Choose a studio

Look for a teacher who explains steps in small parts, who spots you on harder moves and who gives options. Ask about the studio's intro offer. Our guide on intro offers and class packs explains how to compare them.

Frequently asked questions

Do I need upper-body strength to start pole fitness?

No. Beginner classes teach spins that use your body weight in simple ways. Strength grows with practice.

Why do I wear shorts to a pole class?

Skin grips the pole. Shorts let your thighs and arms touch it. Most studios say which clothes to wear.

Will I get bruises?

Many beginners do. Bruises on the legs and arms are common in the first weeks. They usually fade like any other bruise. Good technique can help.