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Darren Darcy, Pineapple Group
604.682.6522 • juicy@pineapplegroup.com

Getting into Pole-Position

(Vancouver, BC) Sharon Goodman stopped climbing the corporate ladder, only to find herself swinging around poles.

Goodman, 34, a former Webmaster and Communications Manager for Telus Enterprise Solutions, was through with sitting at a desk all day. She was up for an opportunity that would take her outside the confines of an office and allow her to interact with others in an impactful way. Such an opportunity came to her in the form of her company "Pole Dance Studio", which she opened in early 2004.

Goodman, who has a BA from UBC and several other certifications from BCIT and UBC, chose to open the studio because it provided her the opportunity to combine her entrepreneurial spirit and love of exercise with her friendly, outgoing personality.

"When I look around one of my classes, I see many women who remind me of myself a few years ago. Being able to help them de-stress and feel good about themselves is very rewarding to me." says Sharon Goodman founder of Pole Dance Studio.

Not only has Goodman opened her own studio, but she has also developed her own pole, the **Vixen™ Removable Dance Pole**, which is popular among everyone from young professionals to middle-aged housewives, and often men buying them as gifts for their significant other.

What started out as a trend has grown arms and legs, becoming a force within the fitness industry. Women around the globe are embracing the unique cross-training opportunity pole dancing provides them. It allows them to shake things up while reaping the same physical benefits they would at the gym, burning up to 250 calories in a single class.

Pole Dance Studio holds classes of all levels at Fitness World in Kitsilano. For more information visit www.poledancestudio.com or call Nicole at Fitness World: 604-742-4440.

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