

FOR IMMEDIATE RELEASE

For more information, contact:

Pam Courcier
Poletential, Co-owner
(650)701-1653
pam@poletential.com

Christina Kish
Poletential, Co-owner
(650)701-1653
ck@poletential.com

**JENYNE BUTTERFLY, MISS USPDF 2009, AND ALETHEA
AUSTIN, MISS SEXY USPDF 2009, TO TEACH WORKSHOPS AT
POLETENTIAL**

Champion Pole Dancers To Teach Six Workshops at Poletential in September

REDWOOD CITY, Calif. – September 8, 2009 – Poletential™, a premier Fitness Pole Dancing studio, announced today that Miss United States Pole Dancing Federation (USPDF) 2009, Jenyne Butterfly, will be a guest fitness pole dancing instructor at Poletential on the weekend of September 12, 2009. In addition, Miss Sexy USPDF 2009, Alethea Austin, will guest instruct three exclusive workshops the weekend of September 19, 2009.

Guest instructor Jenyne Butterfly will teach a ninety minute pole dance workshop and a ninety minute master workshop at Poletential on Saturday, September 12th. The Pole Dance workshop from 11:30 a.m. – 1:00 p.m., will include Jenyne’s beautiful movement and choreography. It is appropriate for all skill levels. The price is \$65 per person. The master workshop is from 2:00 p.m. – 3:30 p.m. and will focus on new pole tricks that participants would like to learn. The price is \$75 per person. A Stretch, Flexibility and Floor Work workshop will be held on Sunday, September 13th from 11:00 a.m. – 12:30 p.m. Jenyne will teach her techniques that enhance all levels of pole dancing. The price is \$60 per person.

Guest instructor Alethea Austin will teach a ninety minute pole dance workshop and a ninety minute masters workshop at Poletential on Saturday, September 19th. The Floor Work and Flexibility workshop from 11:30 a.m. – 1:00 p.m. will include Alethea’s famous floor work and stretches to lengthen and tone muscles. The price is \$65 each. The master workshop is from 2:00 p.m. – 3:30 p.m. and will focus on personal style and learning tricks in combination. The price is \$75 each. Alethea’s “Sexy Flexy” workshop will be held on Sunday, September 20th from 11:30 a.m. – 1:00 p.m. This workshop will teach sensual and dance movement on the floor and on the pole. The price is \$60 each.

“Poletential is dedicated to bringing our clients the best fitness pole dancing instruction”, said Pam Courcier, co-owner of Poletential, “We have so much respect for Jenyne and Alethea and know that our clients will learn a tremendous amount from them.”

Jenyne is an internationally known aerialist and pole dance instructor. She is the three time champion of the largest prize-winning pole dance competition, Pole-a-Palooza. In addition she has won the title of Miss Seamless and Princess on the Pole. Jenyne won the USPDF 2009 Pole Dance Competition and the Silver at the 2009 World Pole Dance Competition in Jamaica.

Alethea has been doing gymnastics since birth in a small town in Indiana and used to compete in elite level meets. Her teaching style focuses on flexibility, fluidity and on the art of pole dancing. She also incorporates strength and balance from her gymnastics background. Alethea was runner up at the inaugural 2009 USPDF championships where she received the title of Miss Sexy. She currently teaches at BeSpun Gym in Hollywood, California, when she is not traveling and teaching workshops.

Jenyne and Alethea are the latest elite guest instructors Poletential has hosted. Previous guest instructors include: K.T. Coates, founder of Vertical Dance; Michula Nunez, owner of Antix Fitness; Sara Cretul, 2009 USPDF Miss Trixter; and Freya, owner of Brassy Butterfly in Portland, Oregon.

For additional information about Poletential and the benefits of fitness pole dancing, please visit www.poletential.com

About Poletential

Poletential, a premier Fitness Pole Dancing studio, brings women together to experience a challenging workout combined with a new awareness of their bodies through dance and movement. Poletential is dedicated to creating a safe, non-competitive environment that gives women the freedom to find their own style and reach their personal goals. Poletential is located in Redwood City, California. Visit us at www.poletential.com.

Editor's Notes:

1. Poletential, the Poletential logo design, the Poletential Fitness with a Twirl tagline are trademarks of Poletential, LLC.
2. All other brand or product names may be trademarks or registered trademarks of their respective companies.

###