

Shelly Lamb

Shelly is a late bloomer with a ridiculous passion for dance. She began formal dance training in contemporary, jazz and cabaret at the “old age” of 25 and went on to perform professionally. Primarily a self-trained pole dancer, Shelly entered the pole competition circuit in 2010 with EMW Tripole Challenge and again in the USPDF West Coast Regional where she received 1st runner up and pro status as a competitor. Shelly’s style on the pole has been described as being both artistic and graceful and fiery and confident, with an emphasis on the use of dynamic accents, musicality, and storytelling. She integrates her dance training with the athletics of pole fitness to create her personal pole dance signature. A certified Pilates, fitness and dance instructor Shelly teaches pole dancing to people of all levels and abilities and operates her business, Shelly’s Pole Fitness, in the San Francisco Bay Area. Currently, Shelly performs at SF Supper Club and the Uptown Club as a guest pole performer for Hubba Hubba Revue.

Workshop Descriptions:

Pole Dance Technique-Spins/Holds/Pirouettes 2.0
55 USD/pp

This workshop will review the technical fundamentals of pole and how they affect our ability to execute more advanced moves. We will revisit the concept of momentum, leverage, and proper form for spins and poses we already know and then apply those concepts to new moves. This class is ideal for those who are new to pole dancing and also those self starters who want to accelerate the efficiency of their own self-teaching practice of more advanced moves through the association of the basics. Handouts on the key principles will be given to each participant for reference.

Level: Beginner-Advanced

Spin City (Proficiency in climbing highly recommended) 1.5 hours
50 USD/pp

This class will focus on “stop and go” techniques and explore beautiful poses, transitions and if you’re ready, combinations that flow beautifully on the spinning pole.

Level: Intermediate-Advanced

Signature Pole Moves and Combos with Stunning Transitions
55 USD/pp

Handstands on the pole (must reverse climb): split/twisted/and elbow grip handstands on the pole including cartwheel mount, twisted V, aysha and straight edge

Level: Intermediate-Advanced

Stiletto Style 1.5 hours
45 USD/pp

This is a multi-level pole dancing class which will focus on style. Sexy and dynamic body isolations such as head rolls, hip rolls, and body waves will be demystified, as well the mystery of pirouettes on the pole. The end product will be a fiery, fluid and dynamic pole dance routine including spins and poses, all in your favorite pair of stilettos!

Level: Beginner/Advanced

Pole 2 Pole Poleography
45 USD/pp 2.0

This class will focus on giving continuity and intent to traveling moves from pole to pole using some of Shelly’s signature contemporary floor maneuvers. We will explore graceful ways to

mount and dismount the pole, Russian roll, shoulder rolls, fish flop, and shoulder stand and finish with a choreographed routine starting on one pole, dismounting gracefully, and traveling to the other.

Multi-level

Discounts:

If a student books two workshops the second is 50% off.

Private Lessons:

1 person \$110/hr

Semi-private (2 people) \$165/hr

Semi-private (3 people) \$245/hr

Performances:

Showcases and events

100 first set and 75 per additional set.

Conditions:

Studio Fee:

The studio may add a studio fee to workshop rates not exceeding \$15 per person.

Minimum:

There is a six person minimum for all workshops. If under-booked the studio is expected to pay the difference and run the workshop as scheduled.

Travel Compensation:

If I am paying for my own travel the studio will be required to book a minimum of two workshops to cover my travel expenses, with a guaranteed paid minimum of the \$310 per workshop.

Studio will provide lodging either by host or 3-star (or better) hotel.

If the studio is paying for my travel and lodging the studio will be given exclusivity for workshops.

Travel expenses include, flights and ground travel.

Ground travel rates: If I am driving to your studio and you are located more than 20 minutes away from my home the rate is 50/hr.

Exclusivity:

This means that I will not teach workshops with other competing studio within your studios city or with a 30mile radius of your studio.

Payment Method:

Cash or Check made out to Shelly Lamb

Cancellation Policy:

Studio/host is required to give a two weeks notice on all revisions and cancellations of workshops and performances. Any and all unauthorized revisions and cancellations will result in reimbursement of travel expenses if airfare/ground travel fare, if already purchased.