



STUDIO SPIN

Established 2013

Our Vision

We are not just a pole dance studio. We are so much more than that. The apparatus is merely a catalyst for a transformative experience. Our vision is to gently guide you towards discovering your true confidence through movement and encourage unapologetic, authentic expression without judgment of yourself or others in a creative and brave space.



OUR CORE VALUES



Stronger

We value feeling stronger because it indicates that you have more strength today than yesterday. Building strength—physical, emotional, mental and spiritual strength, is a life long journey and lends itself to a healthy and happy life.

Our classes not only help you build body strength, but your mental strength will increase with each new accomplishment you achieve. A strong, positive mindset is key to persevering through life's obstacles.

Confident

We value feeling confident because it means having trust in your own ability beyond uncertainty. Feeling confident leads to embracing your authenticity, respecting your own boundaries, and loving yourself first before anyone else.

Dancing builds confidence, creativity and connection with your body. Dancing is also an outlet for self-expression. Find your true self through dance movement.



Daring

We value feeling daring because this mindset will lead you to reaching outside of your comfort zone without fear. And everything you want and need is outside of your comfort zone.

This is the key to self-growth.

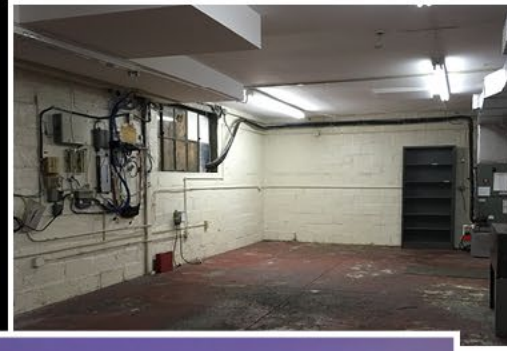
Our team of passionate instructors will always encourage you to boldly be yourself, embrace your individuality, and try something new. This is good practice for the real world.

OUR HERSTORY

2013

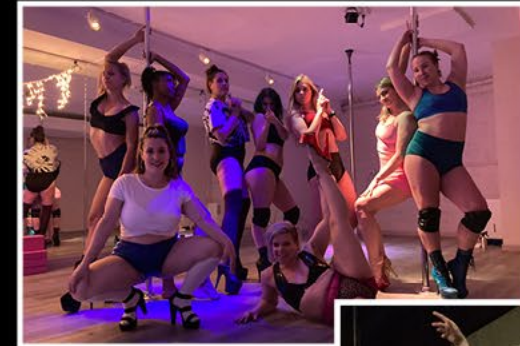


2019



2021

Fierce
CONFIDENCE



THE EXPERIENCE WE OFFER

Pole Dance Classes



Lyra Classes



Chair Dance Classes



Floorwork Classes



Private Parties



Confidence Coaching for Women



WHY WE DO WHAT WE DO

I personally feel that this intro series will be a great way to feel more comfortable in my body and a way to express myself.

I want to feel amazing and sexy in my own body.

I want to get reacquainted with my body after having two kids in three years.

I have been learning self love and ways to take care of my body. I think pole would be a beautiful way to express my feminine side and connect with my body.

All bodies are welcome at the studio. That's important to me!

I've been going through a lot in my life. This goes deep. I came back to Lancaster a few months ago after my life crashed. And now I'm on a journey to fix myself, be myself, and free my mind and rid of all the bad thoughts.

Need to feel more confident in my mind and body, to feel more sensual.

I have struggled immensely with health issues all through my 20s so I never was able to experience the things I truly wanted to do. Now that I feel much better I am starting to branch out on my bucket list and make things happen to boost my self confidence.

I want to feel confident in my own skin and have time dedicated to myself.

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WHAT WOMEN ARE SEEKING

I am stepping out of a conservative religious background and unlearning a lot of shame about my sexuality. I want to be free in my body and embrace my sexuality with my mind as well as my body.

I have been struggling with my self confidence for a long time and have been working with a therapist. I believe this program would be a great addition to the current work I am putting in for my mental health.

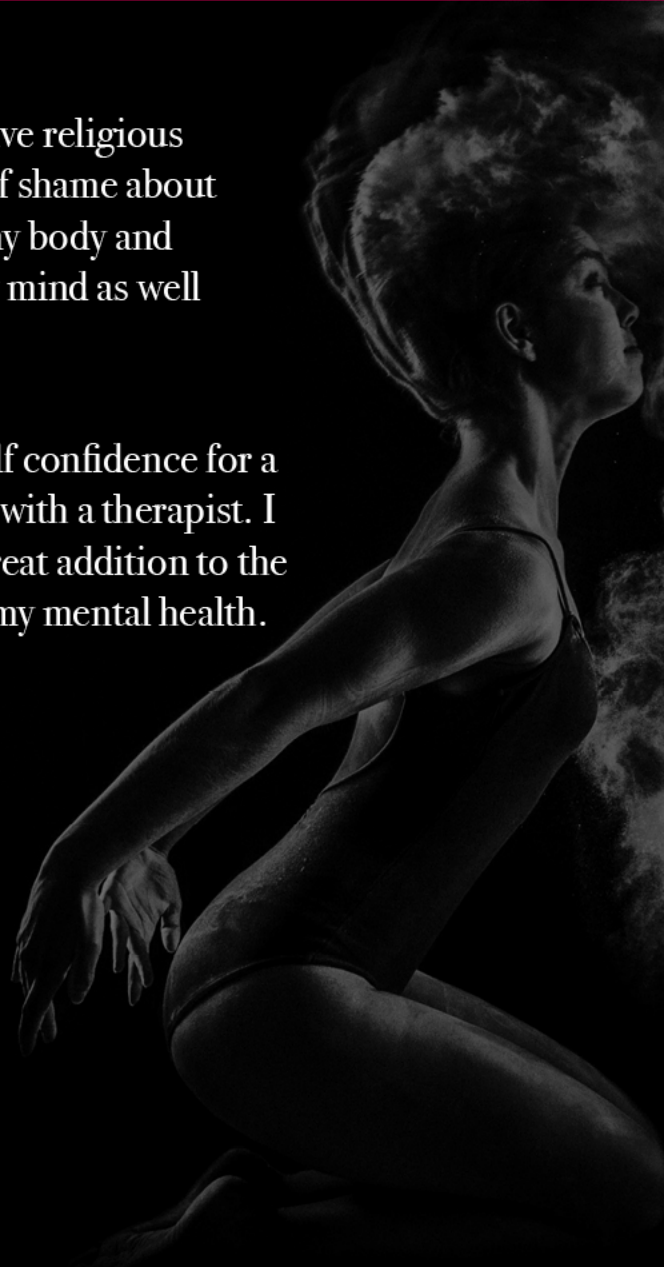
Self confidence! Not caring what other people think, being my authentic self again.

To build up my confidence, feel more connected to my body and grow and learn more about myself.

I'm on the other side of a divorce and in a new relationship, as well as self-employed. I'm hoping to reconnect with my sexuality/sensuality & confidence.

I hope to uncover and release some limiting beliefs I may have that are holding me back and grow a stronger trust and relationship with myself. I hope to have more confidence and trust in myself to take more chances on the things I want and living the life I want.

I want to transform the subconscious messages of shame that creep in when I try to lean into my sexuality. I want to learn how to be confident in myself and not need affirmation from anyone else to know that I'm sexy AF.



THE FIERCE CONFIDENCE PROGRAM FOR WOMEN

I created the Fierce Confidence 6-week program for women to help guide you towards accessing your fierce inner tigress.

Do you realize just how much of your decision making is directly affected by how much you value yourself? Our self value is directly affected by the amount of fear and shame we hold onto.

This program will teach you the tools to deconstruct the pre-written shame or fear story that you've been given, and rewrite your OWN story. Your life is YOUR story to write. Your value is YOURS to own.

If you want to FEEL more confident in your body and in your life, this is the course that will guide you there. You are the soul owner of your life story. And it's time to claim your story. Are you ready?!

The Fierce Confidence program is comprised of sensual movement, journaling, breath work and energy work and rooted in 6 pillars:

- Face Your Fear
- Introspect Yourself
- Establish Boundaries
- Release Shame
- Connect With Your Body
- Expand

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FIERCE CONFIDENCE TESTIMONIALS

This is an amazing program. It helped me during a very difficult time in my life. Rachel is amazing. 100% recommend!!

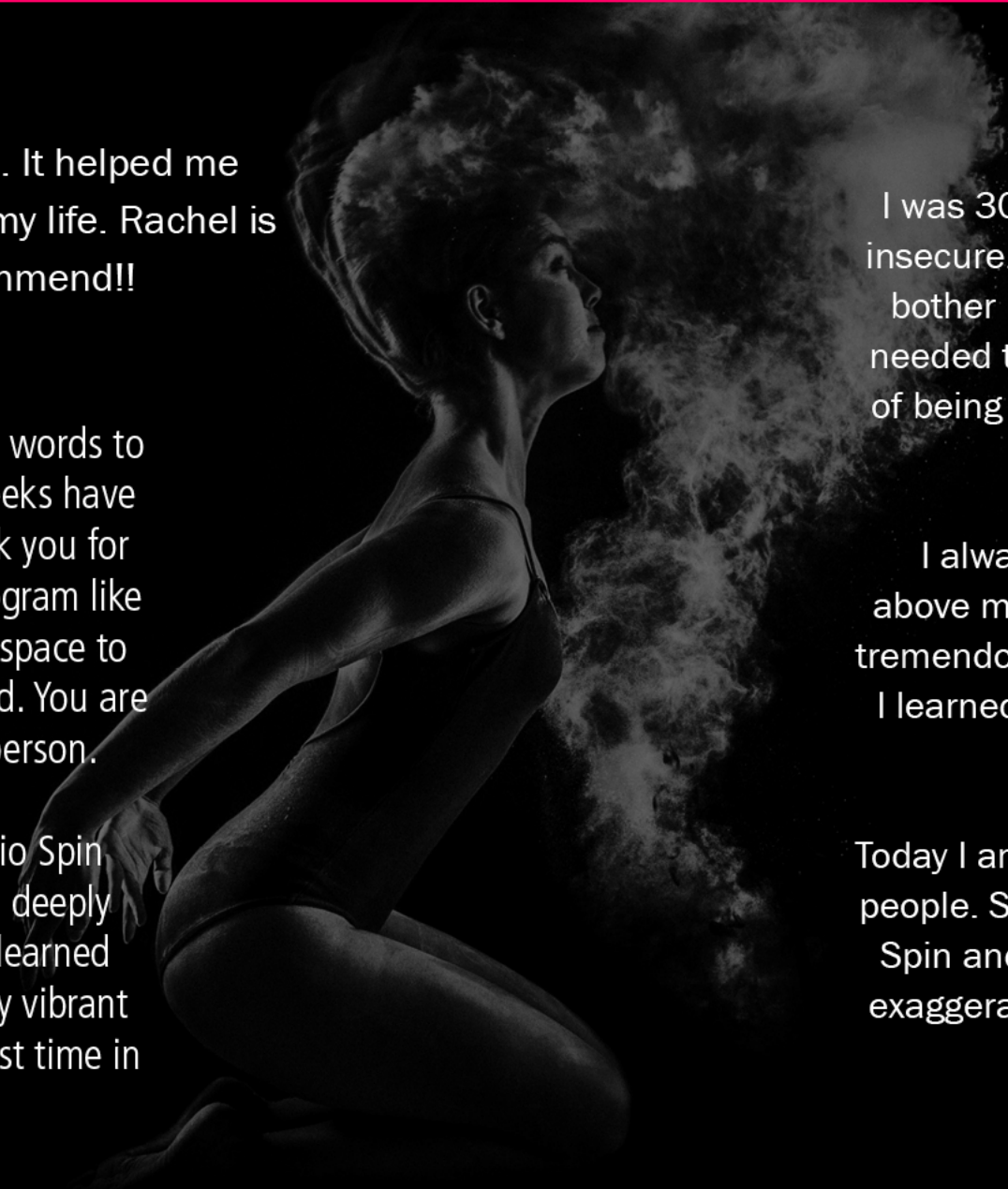
I'm not sure if I quite have the words to describe what these last 6 weeks have meant to me. I sincerely thank you for leading such an important program like this and creating a truly safe space to be seen, heard and encouraged. You are an incredible woman and person.

What you are doing at Studio Spin is transforming lives and I'm deeply grateful for the lessons I've learned and leaving this program truly vibrant confident and fierce for the first time in a long time.

I was 300 pounds when I began my journey. I was insecure. I hated my body. I tried to pretend it didn't bother me. This course gave me the confidence I needed to learn and love my body. I love the feeling of being free to love my body through dance. I have gained so much confidence.

I always put others needs wants and feelings above mine. I've struggled with healthy boundaries tremendously. When I began to implement strategies I learned in the Fierce Confidence program, my life changed drastically for the better.

Today I am happy to say that I have rid my life of toxic people. So when I say that Fierce Confidence, Studio Spin and the staff there "saved my life" it's not an exaggeration! Take the course, start your journey to thriving! You won't regret it!



UPCOMING EVENT

STUDIO SPIN
After Dark

A NEW STUDIO SPIN SHOWCASE
MARCH 30 AT 8PM

Tickets: \$25 in advance/\$30 cash at the door
Doors 7:30pm/Show 8pm



START YOUR MOVEMENT JOURNEY WITH US

- We have 4-week Intro Series
- Weekly Drop-in Grounded classes for non-members
 - Membership options
 - Private lessons
 - Free community events
- Coming Soon--Community Class called Body Love

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