

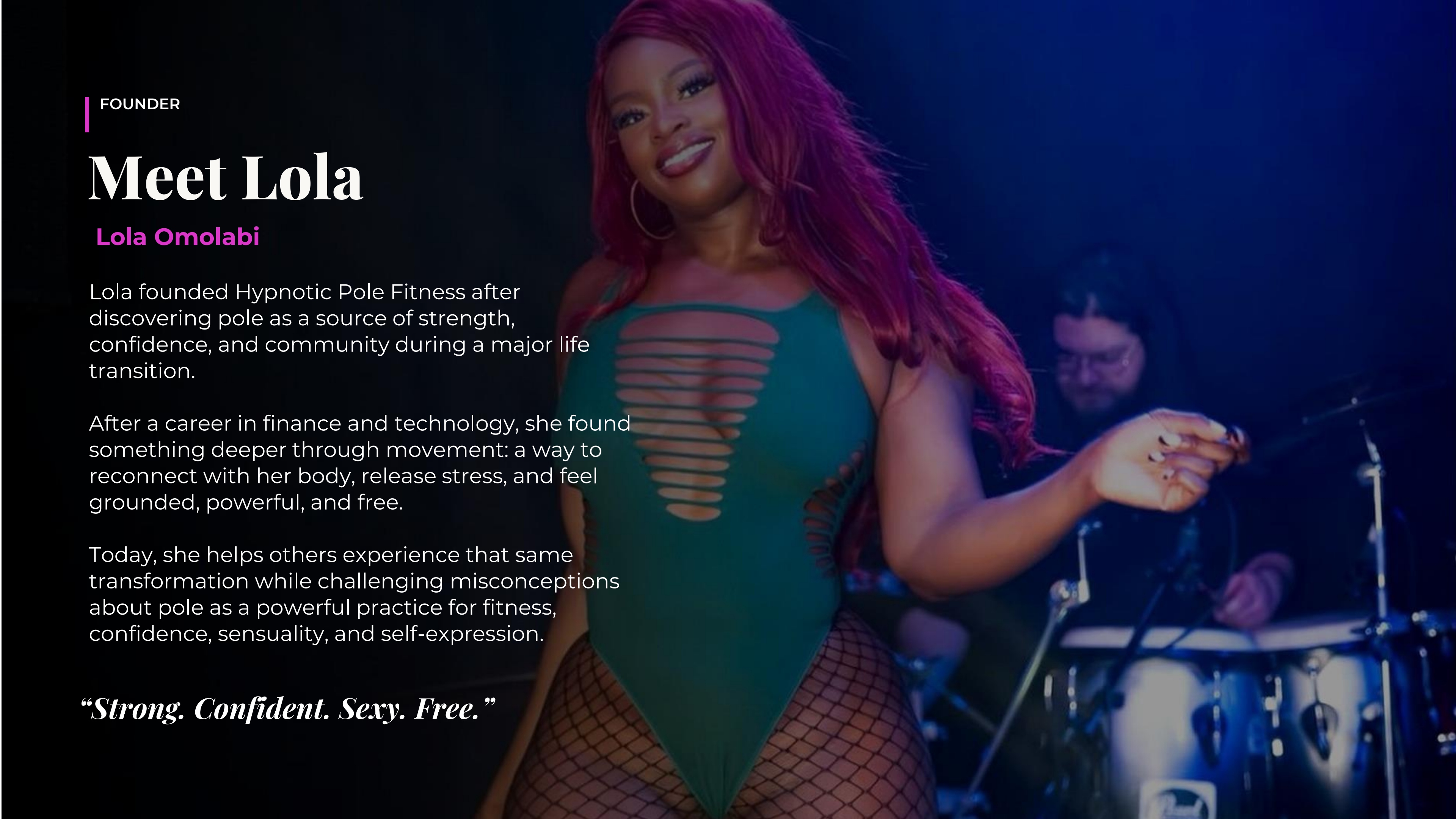
Hypnotic

POLE FITNESS

211 N Ann St
Lancaster, PA 17602
@hypnoticpolefitness

Movement. Confidence. Community.





FOUNDER

Meet Lola

Lola Omolabi

Lola founded Hypnotic Pole Fitness after discovering pole as a source of strength, confidence, and community during a major life transition.

After a career in finance and technology, she found something deeper through movement: a way to reconnect with her body, release stress, and feel grounded, powerful, and free.

Today, she helps others experience that same transformation while challenging misconceptions about pole as a powerful practice for fitness, confidence, sensuality, and self-expression.

“Strong. Confident. Sexy. Free.”

A woman with long braids is shown in profile, looking towards the left. She is wearing a red corset-style top, high-heeled shoes, and various jewelry including bracelets and a choker. The scene is dramatically lit with red light, creating a moody and sensual atmosphere. The background is dark and out of focus.

| MISSION

Our Mission

To empower people to discover their strength, embrace their sensuality, and build unshakable confidence through movement, community, and fearless self-expression.

A brave space to return to your power, pleasure, and whole self.



VALUES

What We Stand For

Inclusion

Strength, Confidence, & Sensuality

Progress Over Perfection

Whole-Self Wellness

Community That Uplifts

CLASSES & WORKSHOPS

Our Offerings

Regular Classes

ongoing class offerings

Pole Dance

Lyra

Floorwork

Flying Pole

Chair

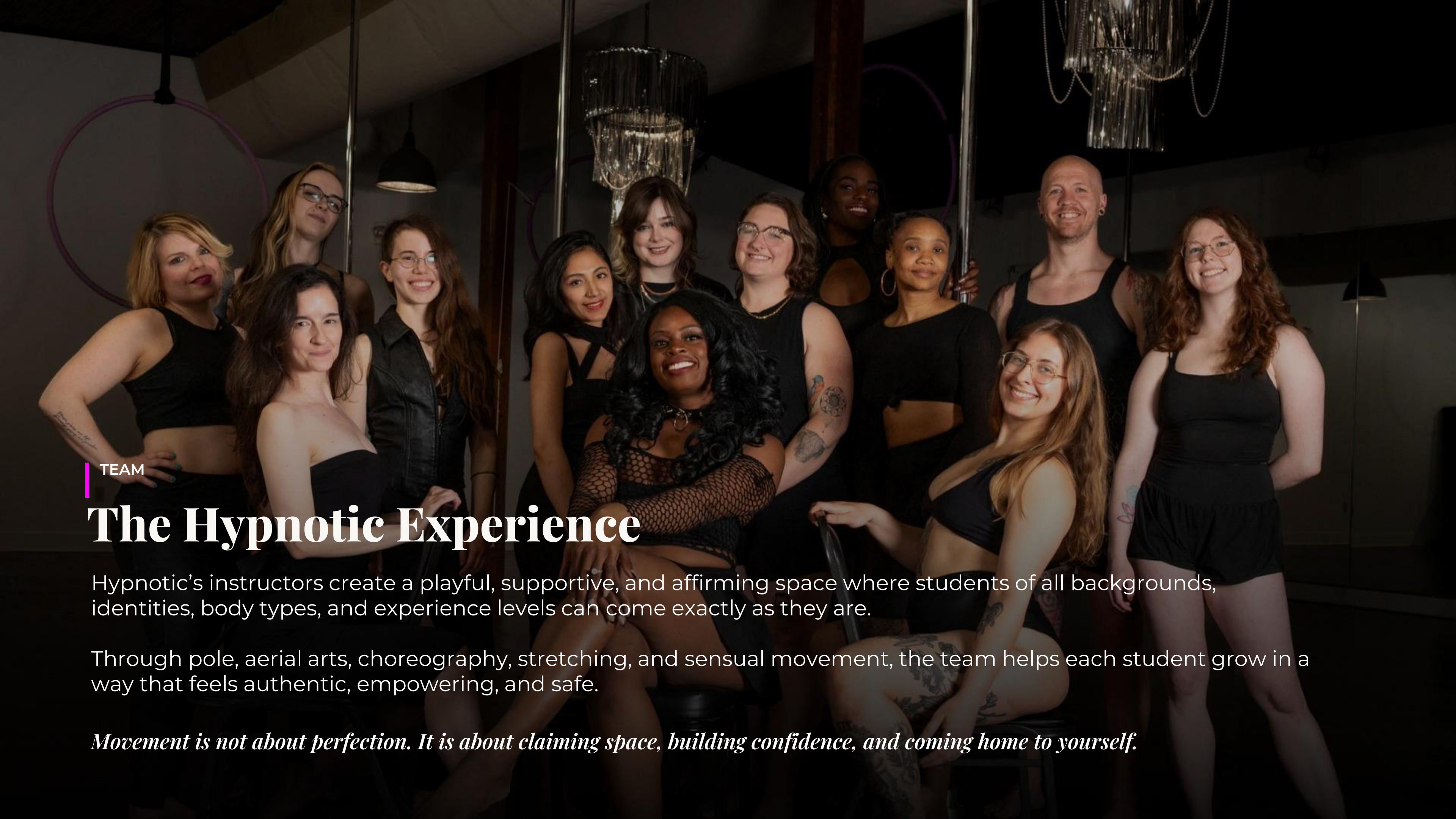
Polga (*Coming Soon*)

Specialty Workshops

featured workshop experiences

Twerk ★ Chains ★ Heels ★ Tricks ★ Floor ★ Spin





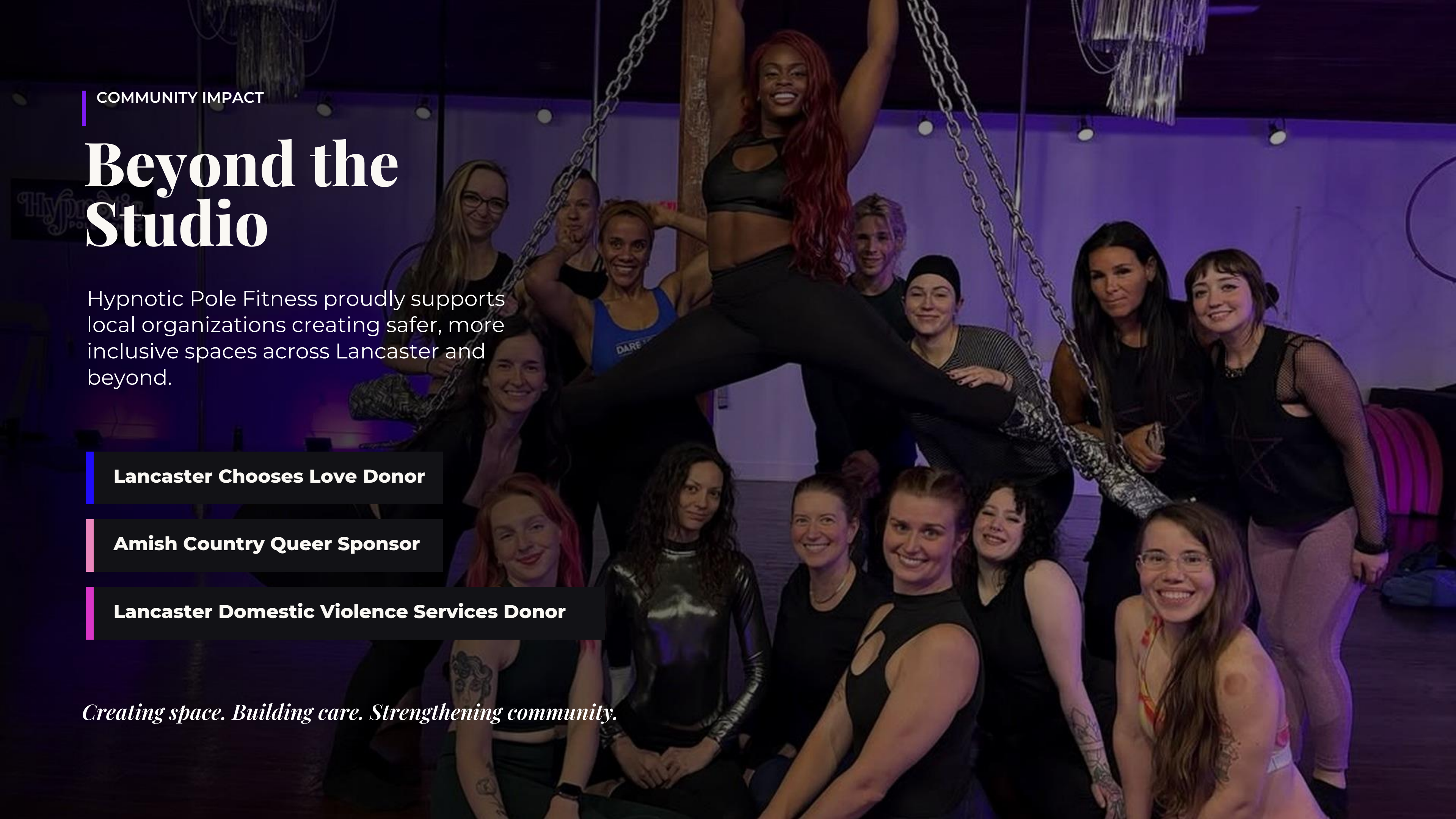
TEAM

The Hypnotic Experience

Hypnotic's instructors create a playful, supportive, and affirming space where students of all backgrounds, identities, body types, and experience levels can come exactly as they are.

Through pole, aerial arts, choreography, stretching, and sensual movement, the team helps each student grow in a way that feels authentic, empowering, and safe.

Movement is not about perfection. It is about claiming space, building confidence, and coming home to yourself.



COMMUNITY IMPACT

Beyond the Studio

Hypnotic Pole Fitness proudly supports local organizations creating safer, more inclusive spaces across Lancaster and beyond.

Lancaster Chooses Love Donor

Amish Country Queer Sponsor

Lancaster Domestic Violence Services Donor

Creating space. Building care. Strengthening community.