

# Pole position

Balance, strength, artistry and determination make Dr Sarah Thompson of Glenhaven Veterinary Hospital in NSW an exceptional pole dancer

## “I TOOK TO POLE DANCING

like a duck to water. I was doing lots of running while training for triathlons but my first pole class was incredibly hard work. The muscles we use are very ‘pole specific’—you hold all your weight with your arms and engage your core muscles to lift and spin around the pole.

“At that time I had boys at school and worked part-time as a vet. I would attend classes during the day and slowly started building up my strength and proficiency. I was constantly telling my partner, John, how much I enjoyed the classes when we had an epiphany. We decided to open our own pole dancing studio.

“The first Miss Fit Dance Studio opened in Baulkham Hills. Thanks to word-of-mouth recommendations, the business rapidly outgrew the available space. We moved to a converted warehouse in Castle Hill and created two studios. Soon after we opened another studio in Artarmon and at the beginning of 2014, we opened our newest studio at Taren Point.

“It’s quite an administrative exercise to run so many locations. I manage a teaching team of 10 and I teach at all the studios at least once a week. On top of that I’m still working one day a week as a vet.

“There’s no doubt that pole dancing

suffers from its association with strippers, particularly with people who have never been to a pole dancing studio. Going to a beginner’s pole dancing class is not sexy—it’s just really hard work. Ninety-nine per cent of the women who join our classes are there for fun and fitness.

“Pole dancing lets you challenge yourself and master something you thought was impossible. When you’re in the studio surrounded by mirrors, you get to see yourself performing something lovely and it’s a very positive affirmation.

“Our students are so motivated to learn that they bring a really wonderful buzz to the room. I’m thrilled that Miss Fit has allowed us to create an environment that provides women with the opportunity to test themselves and share that experience.” ➤

