

Pole Dance and Aerial Arts Studio opens in Hong Kong

Central Dance Studios is pleased to announce that Aerial Arts Academy have opened their first Hong Kong studio in Central, based at the dance school's popular centre on Wyndham Street.

Nov. 12, 2009 - [PRLog](#) -- Run by Viva Vee and Ania Przeplasko, Aerial Arts Academy is the only centre in Hong Kong where anyone can learn the secrets of both pole dance and 'Cirque Du Soleil' style aerial dance in classes that are based on fitness and fun.

Director of Central Dance Studios, Elle Kealy says, "We are really excited to have AAA in the centre. Not only are Ania and Vee the most highly qualified instructors in the region, they bring an excitement and passion to aerial dance, making it accessible to everyone with an interest in fitness. If you like Jukari, but want a more authentic aerial workout, this is perfect."

"Our classes are great for toning up and can burn up to 800 calories per session! Our clients have experienced additional benefits such as gaining empowerment and self-awareness through dance as well as making a new network of like minded friends. It's potentially life changing. Everyone is welcomed to take part as we believe that being confident is far more than looking a certain way, it's about achieving your own fitness goals and finding the extra-ordinary that comes from within.", says Vee, Master Instructor.

"Our reputation speaks for itself; we've taught thousands of satisfied clients internationally, a number have gone on to perform professionally and we've shared our knowledge and are in collaboration with stars, one of whom is actress and singer Marsha Yuan from Los Angeles and Hong Kong" - says Ania, Master Instructor.

Pole Dance classes for beginners upwards, as well as aerial dance and fitness classes are held daily at the studio at lunchtimes and in the evening. Visitors can find out more about the classes at www.aerialartsacademy.com

Notes for Editors:

1. From London UK and with over a decade of experience, Vee is an internationally recognised master trainer of aerial arts and fitness, regularly invited by leading corporations to conduct master classes around the world with the Asian Academy of Sport Fitness Professionals, California Fitness, Celebrity Fitness and Fitness First.
2. Ania founded the International Pole Dance Fitness Association. She is a qualified dance instructor and internationally respected and renowned performer, based in Tokyo.
3. Central Dance Studios is a specialist dance studio for adult beginners with classes including Hip Hop, Salsa, Jazz and Bollywood.
4. Central Dance Studios is run by Elle Kealy and is part of the Creation Dance international network of dance centres. Address: 1/F Man Cheung Building, 15-17 Wyndham Street, Central Hong Kong – Tel: 25370713 – web: www.danceclassesinhongkong.com

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