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Want to get fit? Try pole fitness ... really!

Posted by [Gina Chen / The Post-Standard](#) December 30, 2008 4:00AM

Categories: [Oswego County](#), [top cny](#)

Family Life editor [Gina Chen](#) here, jumping into Health & Fitness editor Amber Smith's blog. Amber is out of the office, and in her absence, Sammy Kanter, a Post-Standard intern from Syracuse University, has written a story about pole fitness. (You can read it in today's Post-Standard or by clicking on "continue reading entry.")

Sammy got to try his hand, er, legs at pole fitness. Here's what he had to say about the experience:

"I had a chance to try pole fitness when I went to out to CNY Pole Fitness in Phoenix in December. Owner Kerilyn Reynolds hopped on the pole and showed me the move I was supposed to try. This beginner move, the 'Fireman,' looked hard regardless of the fact I was wearing corduroy pants, a button-down shirt and brown, leather shoes.

The 'Fireman' consisted of jumping on the pole, and then holding yourself in the position firefighters take when they slide down a pole.

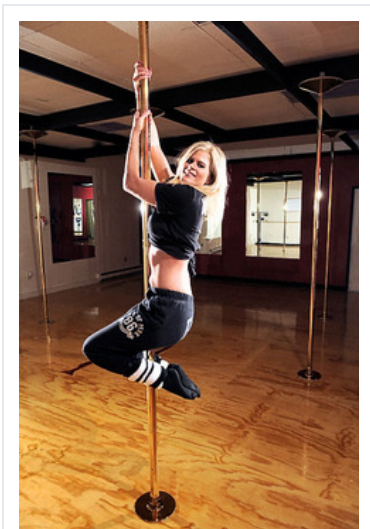
As soon as you connect with the pole, it starts to slowly spin. The hard part is you're supposed to hold in the spot you jumped to. Kerilyn and her husband, Rob, informed me it's all about upper body strength, and mine was put to the test when I took a shot at the 'Fireman.'

As a 22-year-old college student, I'm in pretty good shape for not exercising very often. Jumping up on the pole, my fireman's position was in perfect form. The problem came when my upper-body strength was exposed. As the pole started to spin, I slid straight down to the floor. I tried to laugh it off with Kerilyn and Rob, as Kerilyn told me it's harder than it looks. I told her I didn't doubt that, and it confirmed for me pole fitness is a pretty tough workout."

What about you? Would you try it? Post a comment.

The new CNY Pole Fitness studio in Phoenix is open for business. Co-owner Kerilyn Reynolds steps in, jumps up and wraps her legs around a gold, vertical pole. She swings herself around, upside-down, laughs, and lands firmly on the ground.

Reynolds says her studio, which opened this month, is the first of its kind in Central New York. She and her husband, Rob, who live in Pennellville, want to erase the stigma from an activity often associated with strip clubs.



John Berry / The Post-Standard
 Kerilyn Reynolds demonstrates the Fireman, the move that Post-Standard intern Sammy Kanter tried out.

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"This is the most visually impressive form of exercise you'll ever experience because it's really pretty to watch," Reynolds said.

Reynolds said pole fitness is a workout, with more muscular-strength endurance moves than found in dancing. It burns 300 to 500 calories per hour and tones various muscles, including abs, along the way, she said. And no clothing comes off.

"You're exercising, but you don't realize you're exercising because it's so much fun," Reynolds said.

According to Lizz Schofield, managing director and founder of the Pole Fitness Association in Salt Lake City, pole fitness began as a circus craft in the 1800s, although not a lot is documented about its history. It emerged in the United States in Las Vegas in the early 1990s, before going mainstream about three years ago, she said.

Reynolds, originally from Clearwater, Fla., said she has practiced and competed in gymnastics for 15 years. About 10 years ago, she was introduced to pole fitness.

"The gymnastics background just enhanced it all," she said.

There's even a nationwide movement from the Pole Fitness Association to get pole fitness as a demonstration sport in the 2012 London Summer Olympic games. Reynolds just signed the petition.

After its grand opening earlier this month, CNY Pole Fitness has a schedule of two-hour classes. It offers a six-week "Fit and Spin" course in beginner, intermediate, and advanced levels, private lessons, mother-daughter classes, a "Sexy Senior Sass Class," and open pole time.

Rob Reynolds will teach classes for men, focusing on muscular strength and endurance moves.

"The place looks immaculate," said Mona Paradis, of Phoenix, who visited during the grand opening and plans to try a class.

"Plus, it's in Phoenix," she said. "Anything we can do to promote our little town of Phoenix is great."

Paradis agreed that the stigma around the exercise is changing.

"I want women to feel empowered," Reynolds said, later adding, "The only thing that's stripped away are their inhibitions."

Tags: [fitness](#), [Oswego County](#), [pole fitness](#), [Syracuse NY](#)

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COMMENTS (15)

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Posted by **a60gibson** on [12/30/08 at 8:06AM](#)

I've lived in Oswego County for nearly 20 years now. I read the posts on the various forums whenever some bone-head up here does something stupid. Yes, it seems all too often. I've always thought that most of the posts were underinformed and mean-spirited. Although I'm a transplant from elsewhere, this is my home now. Some of the posts do hurt - just a little. But, after reading this article on how pole dancing is now being transformed into an art form, well, I'll just shut up and take my lumps. Y'all might be right 'bout 'swega county

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Posted by **deerpaw** on [12/30/08 at 11:06AM](#)

"...erase the stigma from an activity often associated with strip clubs..."

ahahahaha! I think not.

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Posted by **bosmanbig** on [12/30/08 at 12:19PM](#)

can't make a ho a housewife, you know!!!

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Posted by **Pompeian** on [12/30/08 at 12:26PM](#)

I'm not really sure how anyone takes away the stigma while offering "sexy senior" lessons. Snarf.

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Posted by **PRNDL12** on [12/30/08 at 1:18PM](#)

It really works- have you ever seen a fat stripper?

LOL

.

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Posted by **jwvm777** on [12/30/08 at 1:25PM](#)

come on now why are you complaining?

If your wife was hot enough, don't tell me you wouldn't like to see her do it.

If you never have, perhaps you married an ugly woman.

Doesn't mean she's a ho or will become a stripper, but if she has fun, gets in shape, and "performs" for you.

So what harmless, in fact could be good for sex life

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Posted by **cusendajoint** on [12/30/08 at 3:20PM](#)

Strippers can teach women much more than how to use a pole for exercise. Things they should already know.

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Posted by **BTLS** on [12/30/08 at 3:23PM](#)

Posted by PRNDL12 on 12/30/08 at 1:18PM

It really works- have you ever seen a fat stripper?

LOL

Answer: Unfortunately YES

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Posted by **JohnNYstrat** on [12/30/08 at 3:35PM](#)

The wife will be so proud of the countless hours of research I did on her behalf while evaluating this exercise regime for her!!!

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Posted by **rutbuck** on [12/30/08 at 3:45PM](#)

Whereare the sister programs to this?? Fantasy Nights? The Alpine? Diamond Dolls?

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Posted by **H2SNOW** on [12/30/08 at 7:34PM](#)

Due to NY taxation and regulations many of the best "professional" physical entertainment engineers avoid NY. They prefer to travel upon the Canadian circuit. Take your passport and head over to Niagara Falls gentlemen. You'll never again enter a gentlemen's club in NY.

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Posted by **Demlady2** on [12/31/08 at 11:15AM](#)

The American legion, on Oswego River Road in Phoenix, NY will be having a New Years Eve Party free of charge with a jam session so if you have an instrument or can sing, bring a dish to pass if you can you dont have to be a member. 7:00PM. Cash Bar available.

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Posted by **cny8675** on [01/01/09 at 3:16PM](#)

It would have been nice if the article would have actually given information about the business other than it is in Phoenix. How about a phone number?

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Posted by **Cnypolefit** on [01/04/09 at 2:42AM](#)

CNY POLE FITNESS - 315-695-3482

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Posted by **alicimasays** on [01/28/09 at 10:44AM](#)

I'm interested! Is there a website where I can learn more information?

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