

Fly Together Fitness, Somerville's First Pole Fitness Studio, Opens December 9

SOMERVILLE, Mass., Dec. 10, 2019 (SEND2PRESS NEWSWIRE) – Fly Together Fitness, the first pole fitness and dance studio in Somerville is open for business with classes starting on December 9. A local small business owned and operated by eleven women united by their passion for the sport, Fly Together Fitness offers Somerville and greater Boston residents a fun new fitness alternative to traditional gym workouts.



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As seen on MTV, [Vogue](#), and [The New York Times](#), pole dancing has taken the fitness industry by storm. Its popularity has soared over the past ten years and the sport is continually evolving from its club dancing roots. In October 2017 pole dance was granted observer status by the Global Association of International Sports Federation, paving the way for it to become an Olympic sport one day.

Fly Together Fitness offers a variety of classes from strength training to flexibility with an emphasis on proper body mechanics and boutique style small group instruction. Classes are taught by certified and competitively

ranked instructors with a combined 58 years of pole fitness experience, including over 30 years of teaching experience, 7 spoken languages, and non-pole professional experience across a variety of fields. Customers at Fly Together Fitness can expect to find pole dancing a unique way to get fit, for all ages, shapes, genders, and abilities.

“What I love about pole dancing is that it is truly one of the most inclusive activities out there. Regardless of gender, age, experience level or goal, there is something here for everyone. You can approach it from a strength and calisthenics perspective or just dance your heart out, the possibilities are limitless. Perhaps most importantly though is the community, there is something special that I can guess at but can’t quite explain, pole dancing brings people together. It’s an individual sport and it’s a team sport. It’s truly the best of all worlds,” says Angela Guo, one of the eleven co-owners of Fly Together Fitness.

Fly Together Fitness, located at 31 Woodbine Street, Somerville Mass., is launching its soft opening in December with a promotional 50% off discount for single class purchases (pay \$14 per class instead of the full price \$28) from December 9, 2019 through December 31, 2019. They will hold an Open House on Sunday, January 5, 2020.

For more information, visit their website at <https://www.flytogetherfitness.com/>, or follow them on [Facebook](#), [Instagram](#), or through the MINDBODY app.

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