



PISCES POLE STUDIO LTD

Stronger together, building confidence and community

the Pisces way!

★ **KRYSTLE BROOKS**

Role: Adult Pole Instructor and Co-owner

✦ **About Krystle...**

Krystle, 38, is the co-owner of Pisces Pole Studio and the powerhouse behind its adult pole classes. She is also amazing in heels and loves creating and choreographing dance routines, as well as teaching strength and conditioning. She loves doing little tick tock challenges with her students who all adore her too. After discovering aerial fitness three years ago, she found her true calling in pole and has never looked back. Combining incredible strength with a genuine passion for the sport, she thrives on pushing boundaries and inspiring others to do the same. She is crazy strong and absolutely amazing! She loves to dance and have a giggle and genuinely does not realise how amazing she actually is!

A proud wife and mum of three, Krystle brings warmth, humour, and positivity into everything she does. As a true Pisces, Krystle believes in creating a supportive and empowering pole environment where everyone feels welcome, regardless of experience or ability. She is an excellent teacher who has a very special way of breaking moves down and explaining them in such a way that makes them feel more achievable.

Krystle is passionate about helping her students discover their own strength—both physically and mentally. Her classes are energetic, encouraging, and filled with plenty of laughter, making them the perfect place to challenge yourself, build confidence, and have fun along the way.



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✦ **Specialties**

- Pole
- Heels and tricks
- Choreography
- Flexibility Training
- Strength & Conditioning

✦ **Qualifications & Training**

- XPERT Pole Fitness Certified Instructor
- Completed Becci Dunn Workshops
- Attended and worked for another studio for three years

✦ **Teaching Style**

Krystle's classes are upbeat, empowering, and designed to help students surprise themselves with what they can achieve. She focuses on building strength, technique, and confidence in a supportive and judgement-free space. With her infectious enthusiasm and encouraging approach, Krystle ensures that every student leaves her classes feeling stronger, more capable, and proud of their progress. Be warned though...her nickname is "The Killer" because you will ache after her classes!!



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✦ **Fun Facts**

- Favourite pole move is anything dynamic
- Favourite music is 00's pop
- Fun fact – loves to bake!

✦ **Classes Taught at Pisces Pole Studio Ltd**

- Pole fitness for all levels
- Heels and tricks
- Choreography
- Flexibility Training
- Strength & Conditioning