

“X-Exercise Xpert but not X-Rated”

#1 Pole Fitness Diva “Tina Michelle” is Poetry In Motion

Dallas, TX. July 25, 2011 — *“Grab the Pole and Unleash the Diva”* is one of the many colorful colloquialisms used by Pole Fitness Diva owner *Tina Michelle* on a daily basis at her Diva Fit & Diva Fabulous Studio located in beautiful downtown Dallas.

Tina Michelle is a bonified, certified Xpert Pole Fitness Instructor. She professionally acquired her Pole Dancing Instructor Certification, and her Zumba Fitness Certification and Group Fitness Certification from the American Council on Exercise.

Tina Michelle’s love affair with fitness training has allowed for her to leave her native Dallas to travel, train and perform in featured places like Las Vegas, Nevada, West Palm Beach, Florida, and to the shores of Playa Del Carmen, Mexico to dance on stage at Coco Bongos. Thriving from an innate love of tennis, basketball, volleyball and track, Tina Michelle redefines those methods of sports, exercise and exhilaration into Pole Fitness Dance instruction.

Look through the peep-hole at 1700 Commerce, Studio 1120 in Downtown Dallas and you may be privy to view *“Strutting in Stilletos, Poleaerobics, Diva Dip & Sips, Tone & Tight Tuesdays, Line Dancing or a Sexi Pole Sculpting Class-”* where you work with a trainer to build strength. To add to the splendor, you can also rent the studio that is intimate...relaxing & inviting with an ambivalent hint of sensuality. Some of the events held at the Diva Fit & Diva Fabulous Studio include Motives Celebrity Make-Up Workshops, Modeling Boot-Camp, Hip-Hop Aerobics and various book signings.

If you can’t decide when to get to *Tina Michelle’s* studio, her studio will come to you! Tina does “Live” Portable Pole Demonstrations and can boast views from Bill Bellamy, Melanie Comarcho, Mozan, Joe Torry, and radio personality Veda Loca. You can also see *Tina Michelle* in action, featured in upcoming articles in *Pole Spin Magazine* and the latest Winter Edition of *Equanimity Magazine*.

When you are ready to “Grab the Pole and Unleash the Diva!” make sure you reach out to Tina Michelle who is cutting edge in her approach and very proud of her pole fitness clientele, students and their efforts. Tina Michelle says that what separates her from other fitness trainers is her ability to *“be able to relate to the everyday woman, whether a cashier, cosmetologist or a computer whiz, doesn’t matter. Pole fitness is for all women. I keep all my students encouraged to reach their goals instead of settling for defeat. You will reach your goals!”* She also provides certificates for class completions.

For more information about the *Fabulous Pole Diva Tina Michelle* and Diva Fit & Diva Fabulous Studio please call 214-501-0484 or e-mail tina@polefitnessdivas.com. Or visit her on the World Wide Web: <http://www.polefitnessdivas.com>. On Facebook: <https://www.facebook.com/#!/PoleDivaTinaMichelle>. Or follow Tina Michelle on Twitter <http://twitter.com/#!/PoleFitnessDiva>.