



mondays

7:00 am	Abs & Booty	Carla
9:30 am	Jump Rope Divas	Julie
11:30 am	GI Jane	Candrice
12:30 pm	Flirty Pilates	Jasmine G
4:30 pm	Kickass Cardio	Carla
5:30pm	Flirty Pilates	Lisa S.
5:30 pm	Sexy Sculpt	Carla
5:30 pm	House Music Honeys	Monica
6:30 pm	Kick Ass Cardio	Alison
6:30 pm	Intermediate Pole Dance	Diana
6:30 pm	Hardcore Hip Hop	Monica
7:30 pm	Intermediate Pole Tricks	Diana
7:30 pm	Flirty Yoga	Alison
7:30 pm	Zumba	Rebecca
8:30 pm	Pole 101 Session	Monica* <i>Starts Mar 8th</i>
8:30 pm	Abs and Booty	Rebecca
8:30 pm	Video Vixen Session	Rachel** <i>Starts Mar 8th</i>

*Pole Dance 101 4-wk Session Song: "Ignition-Remix" by R. Kelly

**Video Vixen 4-wk Session Song: "Get Your Money Up" by Keri Hilson

tuesdays

11:00 am	Flirty Yoga	Jasmine G
12:00 pm	Pole Dance	Diana
12:30 pm	Kick Ass Cardio	Carla
1:30pm	Pole Fit	Adrienne
2:30pm	Fitness Fusion	Adrienne
4:15pm	Cardio Booty Boxing	Whitney
4:30 pm	Pole Fit	Adrienne
5:30 pm	Flirty Fight Club	Carla
5:30 pm	Bikini Boot Camp	Adrienne
6:00pm	Belly Dance	Billie
6:30 pm	Jump Rope Divas	Alison
6:30 pm	Abs & Booty	Adrienne
7:00 pm	House Music Honeys	Monica
7:30 pm	Zumba	Rebecca
7:30 pm	Pole 201 Session*	Rachel* <i>starts Mar 9th</i>
8:00 pm	Hip Hop Booty Camp	Monica
8:30 pm	Pole Tricks	Nicole
8:30 pm	Sexy Sculpt	Rebecca

*Pole 201 4-wk Session Song: "Numb" By Portifisehead

wednesdays

10:30am	Salsalicious	Claudia
11:30 am	Sexy Circuit Training	Candrice
12:30 pm	Abs & Booty	Candrice
1:30 pm	Flirty Yagalates	Jasmine G
2:30pm	Pole Dance	Diana
4:15pm	Fitness Fusion	Adrienne
4:30 pm	Hottie Body Boxing	Whitney
5:15 pm	Bikini Boot Camp	Adrienne
5:30 pm	Pole 200 Session**	Diana* <i>starts Mar 10th</i>
5:30 pm	Sexy Hip Hop	Ashley
6:30pm	Cardio Dance	Adrienne
6:30 pm	Burlesque	Jaydin
6:30 pm	Pole Dance	Diana
7:30 pm	Abs & Booty	Julie
7:30 pm	Booty Beat	Jaydin
7:30 pm	Babes w/ Bands	Adrienne
8:30 pm	Lap Dance	Jaydin
8:30 pm	Pole 101 Session**	Kristen* <i>starts Mar 10th</i>

*Pole Dance 200 4-wk Session Song: "Bullets" by Creed

**Pole Dance 101 4-wk Session Song: "Perfectly Blind" by Day 26

Flirting with Spring

Six Month Membership Special

Contract commitment issues? Forget a 'bout it! Get a 6-month membership at the same monthly rate as a 12-month membership with no initiation fee!*

BONUS:
Get the fabulous new Flirty Girl Fitness fatigue hat FREE!



*Only \$110/mo. Unlimited classes. Choose to pay in full and get a 7th month free!

Offer Expires March 31 2010



Classes fill quickly so please reserve your spot in advance. Members and Punch Card holders may self-register for classes online. All others please call 312-666-2266 to hold with a credit card.

Cancellation policy:

Your credit card will be billed if you do not cancel you class reservation with a minimum two hours notice (24 hours for Friday or Saturday night classes).

Punch Card Holders will be charged a punch off of their existing punch card without appropriate notice.

Members will lose their ability to pre-register for their classes for 1 month after three instances of not calling to cancel. Members may also be billed \$25 per non-cancellation.

Please Note: Pole classes are limited to two girls per pole



Spray Tanning available on Wednesdays!



thursdays

10:30 am	Flirty Yoga	Taj
11:30 am	Cardio Dance	Stephanie
12:30 pm	Body Blast	Stephanie
12:30 pm	Pole Dance	Jaydin
1:30pm	Cardio Booty Boxing	Whitney
2:30pm	GI Jane	Adrienne
4:15 pm	Chair Fit	Adrienne
4:30 pm	Kick Ass cardio	Julie
5:15 pm	Cardio Dance	Adrienne
5:30 pm	Abs & Booty	Julie
6:15 pm	Sexy Sculpt	Adrienne
6:30 pm	Sexy Stretch	Kristen
6:45 pm	Hip Hop Booty Camp	Jaydin
7:15 pm	HardCORE	Adrienne
7:30 pm	Intermediate Pole Tricks	Rachel
8:15 pm	Chair Striptease	Kristen
8:30 pm	Intro Pole Teaser	Jaydin

fridays

7:00 am	GI Jane	Carla
11:30 am	Abs & Booty	Julie
12:30 pm	Bikini Boot Camp	Julie
12:30 pm	Pole Dance	Jaydin
5:00 pm	Pole Fit	Adrienne
5:00 pm	Fitness Fusion	Carla
6:00 pm	Club Cardio Dance	Adrienne
6:00 pm	Pole Dance	Kristen
7:00 pm	XXX Power Strip	Jaydin
7:00 pm	Pole Dance	Kristen
8:00 pm	Lap Dance	Jaydin
8:00 pm	Pole Dance	Kristen

Spray Tanning available on Fridays!

saturdays

9:00 am	Balance Ball Booty Blast	Alison
10:00 am	Kickass Cardio	Alison
10:30 am	Abs & Booty	Julie
11:00 am	Ultimate Upper Body	Adrienne
11:30 am	Hottie Body Boxing	Julie
12:30 pm	Fitness Fusion	Adrienne
12:00 pm	Sexy Stretch	Diana
1:00 pm	Pole Dance	Diana
1:30 pm	Bikini Boot Camp	Adrienne
7:00 pm	Pole Dance	Alternating
7:00 pm	Lap Dance	Monica

sundays

10:30 am	Flirty Fight Club	Carla
11:00am	Vertical Ballet Bar	Vlasta
11:00 am	Kickass cardio	Stephanie
11:30 am	Abs & Booty	Carla
12:00 pm	Pole Dance	Diana
12:30 pm	Belly Dance	Billie
1:00 pm	Beginner Pole Tricks	Diana
1:30 pm	Pom Pom Power	Cheria
2, 3, 4 & 5pm	Pole Dance	Jaydin* 3/7 only
2-4:30 pm	Help Haiti Classes	Diana & Jaydin* 3/14 only
2:30 pm	Charity Zumba	Rebecca* 3/21 only

*Special Event Classes. See Spotlights for details.

DESIGNING * DIVAS * *



Sunday, March 7th, 3pm-6pm

Flirty Girls love accessories - so what could be more fun than designing our own? 1154 Lill Studio, Caravan Beads and Aroma Workshop will be setting up shop at our studio to teach you how to make and design your own personalized handbags, jewelry and perfume while you get to know your fellow members over mimosas & flirtinis. Flirty Girl Spa services will also be 20% off this day so indulge in a day of pampering, creativity and girl talk.

Cost: FREE to browse & socialize (15% off any product purchase)

Special Classes*: Pole Dance 2pm, 3pm, 4pm & 5pm

Makeovers: Compliments of Smashbox

Spa special: 20% off any spa service

Bar special: \$5 mimosas, flirtinis & Bitch wine.

*Cost: \$25 per class. Free with membership or one punch from punch card.

Workshops

3/6	Pole Dance	2-4 pm	Kristen
3/13	Video Vixen	3-5pm	Rachel
3/20	Pole Strip	2-4pm	Diana
3/27	Lap Dance	3-5pm	Jaydin

Cost: 2 hours for \$40 or two punches
25% off for Regular Members
Free for Premium Members!

HELP HAITI

Special Haiti Classes on March 14th

2-3 pm	Pole Dance	Diana
3-4pm	Pole Dance	Diana
2:30-3:30pm	Chair Striptease	Jaydin
3:30-4:30pm	Lap Dance	Jaydin

Fight Breast Cancer on March 21st

Zumba 2:30-3:30 pm with Rebecca
Help the Flirty Girl Fitness Team raise funds for the 2010 Mother's Day Walk to Empower.

To join our team go to:
<http://walk.networkofstrength.org/flirtygirl>
*Cost: \$25. 100% of proceeds to support Project Save the World and Breast Cancer Network of Strength, respectively.

Special Sunday Charity Classes*