

# CHICAGO DROP-IN CLASS DESCRIPTIONS

Please visit [www.flirtygirlfitness.com](http://www.flirtygirlfitness.com) for descriptions of our Workshop and Four Week Session classes.

## **ABS & BOOTY**

It really is all about the abs and booty isn't it? This intense lower body workout class focuses on carving out your abs and lifting up that booty. This class utilizes a variety of equipment to both keep the content fresh and to challenge its participants; typical fitness tools used are free weights, medicine balls, Pilates rings, stretch bands & balance balls. No one said this class is going to be easy but all the best things in life take work.

## **BALANCE BALL BOOTY BLAST**

If you want a strong core and fantastic mid-section give our Balance Ball Booty Blast a try. The stabilizing techniques used in this class will take your abs to the next level as you tighten, strengthen & lengthen your muscles.

## **BASIC BOXING FOR BABES**

There's nothing sexier than a girl who knows how to throw a proper punch. You've never boxed before? This class is for you! Lace up the pink gloves and learn how to work the bag like a pro. This class offers a fantastic cardio workout and will put your arms to the test while we teach you the basics of boxing including stance, defence moves and how to really pack a punch!

## **BELLY DANCE BOOT CAMP**

Shimmy up a sweat in this fun class open to all levels of belly dance. A workout involving body conditioning, stretching and core strength training all while learning how to gyrate those hips and shake your mid-section. Whether you're looking to compliment your belly dancing or any other dance training, or you just want to get fit and learn some new moves this class is for you!

## **BELLY DANCING**

Belly dancing is a phenomenal core body workout to tone that midsection. Take the plunge and make the most of this sensual dance experience by dressing the part of an exotic Belly Dancer! We encourage all participants to come to class dressed in a unitard or crop top that shows off that belly. Try adding a hip scarf to enhance those sexy curves (Any old scarf or shawl from home can look sexy tied around your hips).

## **BIKINI BOOT CAMP**

It doesn't matter if it is the middle of summer or you're getting ready for a tropical vacation in the dead of winter – you always want to be in bikini-ready shape. Instructors in this class help you reach your goals by putting you through weight and cardio circuits for all-over toning and maximum fat burn. This class requires some serious determination – the results will make it all worthwhile!

## **BODY BLAST**

Be prepared to work up some serious sweat! This strength training class uses hand weights to target every inch of your body. If you are intimidated by the weight room, this class is a fantastic introduction to weight lifting. You are encouraged to increase your weights week over week – if you consistently come to this class you won't believe how strong you will become nor how gorgeously defined your muscles can be!

## **BOOTY BEAT**

This is a great class for anyone looking to get 'Fit to Strip'! This fat burning dance class will get your heart AND hips pumping. We take our moves straight from the hottest videos and coolest dance floors and incorporate them into a fat burning, super-fun routine. This class takes plain old aerobics to a whole new level!

## **CARDIO BOOTY BOXING**

Want to do some kick ass cardio like the real boxers? Lightweights need not apply to this killer workout class. Skipping ropes, heavy-bag punching, push ups, squats and focus mitt training are just a few of the drills you might be asked to conquer. You'll be ready to kick some ass in no time!

## **CARDIO DANCE**

All we ask is that you don't stop moving in this super-fun, easy-to-follow dance class. There's no slowing down to count your steps as the choreography is kept simple and the energy is kept high to get you into maximum calorie-burning mode.

## **CARDIO SOCA**

Get ready to sweat in this high-energy, innovative class that incorporates Afro-Caribbean dance moves to get your heart rate high. Our fantastic instructors will have you panting after this intense hour as they transport you from the chill of the north to the sunny south!

## **CHAIR FIT**

All Flirty Girls know the chair can be used as a fun sexy prop, did you also know it acts as an incredibly effective weight bench? Consider Chair Fit as personal training in a group setting as your instructor leads you through a full body weight training session. We focus on toning not building bulk - turning your body into a fat burning machine!

## **CHAIR STRIPEASE**

You'll never look at a simple kitchen chair the same way again! This class introduces you to the art of the sexy chair dance while giving you the best abdominal workout you've ever had. We start with the basics and work our way through a routine so that at the end, you'll be able to show off an unbelievably sexy chair striptease routine.

## **COYOTE UGLY**

The ultimate guilty pleasure! You've seen the movie and you know you want to try. You will learn a smokin' hot routine you can perform at your local watering hole. And don't think you're getting outta this class without actually doing a live performance on our own Flirty Girl bar which we've specially designed with Coyote Ugly in mind!

## **FABULOUSLY FIRM**

Say farewell to that annoying jiggle after a few rounds of Fabulously Firm, a muscle conditioning class aimed at targeting those tough-to-tone areas like the back of your arms and your inner thighs. It's not going to be easy, but nothing worth working for ever is. Put yourself to the test - fitting into your skinny jeans will be your reward. This class utilizes a variety of equipment to both keep the content fresh and to challenge its participants; typical fitness tools used are free weights, medicine balls, pilates rings, stretch bands & balance balls.

## **FLIRTY FIGHT CLUB**

You'll be a lean, mean, sexy boxing machine after a full hour of hard-core kicking, punching and scrimmaging. Some use yoga to de-stress – now you have another option - have a go at the boxing bags to get out that pent-up aggression! This class is bound to get you energized and in peak condition.

## **FLIRTY YOGALATES**

Want a little more Pilates in your yoga? This unique class, a fusion of classic yoga & Pilates moves, improves core strength and balances the muscles around the joints, improving the way your body functions, helping you to look and feel fabulous!

## **G.I. JANE**

Take a break from being Flirty and get serious in this no-nonsense circuit training class that focuses on form, muscle conditioning and endurance. The instructor has a whistle and a serious set of pipes to put you through the paces. Using a combination of weights, calisthenics and a cardio circuit you'll be pushed to your limit. Are you tough enough?

## **FITNESS FUSION**

Can't decide between a high-energy cardio class and a lower-impact strengthening session? This unique class offers the best of both worlds with guaranteed results if you stick with it week over week. Fitness Fusion is an integration of Cardio Dance, weights and body sculpting for an innovative, super-fun interval training class that will get you into your fat burning zone in no time!

## **HIP HOP BOOTY CAMP**

That's right...this isn't boot camp its booty camp...you'll get the same killer work out as you would in boot camp but this class adds elements of Sexy Hip Hop to energize you through the workout.

## **HARDCORE HIP HOP**

Want to take your dance moves to the next level? Our resident hip hop divas have the most amazing choreography set to today's hottest hits for you hard core hip hop fans. You won't even know you are getting a crazy cardio workout you'll be concentrating so hard on hitting your mark. Those video girls have nothing on you!

## **HOUSE MUSIC HONEYS**

Close your eyes and let the music move you! No cover charge or dress code required for this high energy hour, just the hottest beats and the coolest moves to let you "dance it out" at the end of a long day. You'll be so caught up in the music you won't even realize the massive amount of calories you are burning – while burning up the dance floor!

### **HOTTIE BODY BOXING**

Ladies, want a benefits of boxing without the sweaty gloves and bruised knuckles...give our intense Hottie Body Boxing class a try. This intense hour of faced paced cardio takes you through a typical boxers training without the equipment. Wanna know how boxers get to be so tough? Take this class and find out! Now, this is empowering.

### **HULA HOOP'LAH**

It's just like riding a bike! We are bringing back your favourite childhood pastime – the hula hoop - and pairing it with yoga, pilates and other full-body toning exercises to whittle your waist while giving you your daily dose of cardio.

### **INTERMEDIATE POLE DANCING**

For those who have completed our Pole 101 class we've added a more challenging routine with faster spins, one handed moves and yes, we'll be going upside down!

### **INTRO POLE TEASER**

Not sure if this is for you? We offer a one time special introductory class to first timers of Flirty Girl Fitness. You'll start this beginner pole dance class learning some of the fundamental moves of sexy dance and by the time you're done you'll know a choreographed routine along with a fun pole spin!

### **KICKASS CARDIO**

Looking for maximum calorie burn in your hour workout? Come to Kickass Cardio and earn your dinner as the instructor puts you through timed cardio circuits using jump ropes, Bosus and good old-fashioned callisthenics. Grab a towel and a bottle of water and be prepared to sweat – this class is intense!

### **LAP DANCING**

Want to let loose and get up close and personal with your girlfriends? Giggle your way through this hilarious class where you learn a sassy routine that you will actually perform on our leather lap dance chairs at the end of the class. It's an hour of good, clean fun with a bit of a sexy edge – we dare you to give it a try.

### **PILATES**

Pilates focuses on the core muscles which keep the body balanced – that's right ladies, this is a great class to compliment your ab workout! Combine your Flirty Pilates class with a high energy dance class for an incredibly effective, amazingly fun trip to the gym.

### **POLE DANCING**

You'll never experience a hotter, more empowering and feel-good workout. The more you do it the better you get and when you see yourself perform a sexy pole dance, you'll be hooked! But don't think it's going to be easy. This is a serious workout! While pole dancers may seem to float effortlessly around the pole like a butterfly they're really lifting their own body weight! There isn't a muscle in your whole body that won't be engaged in this class. No experience necessary.

### **POLE TEASE**

Prefer to keep your feet firmly on the ground? This incredibly fun and empowering Pole class is just for you as you learn a sassy routine that uses the pole as an effective prop. Wear your hair down for this class that will bring out your inner diva and make you feel like a sexy vixen!

### **POLE FIT**

There's nothing sexy about this pole class...except maybe the body it will give you! This class will focus on muscle building and toning of the upper body, midsection and legs. This intense cardio class incorporates strength building exercises like squats and lifts and lunges and a whole lot more using the pole as your center and stabilizer.

### **POLE TRICKS**

Tone your muscles and work on your upper body strength. No choreography is taught. Just cool pole tricks for one full hour! **\*\*PREREQUISITE:** Must have completed at least one Pole 101 Session Class\*\*

### **POWER YOGA**

This form of yoga is an accelerated succession of yoga body postures based on the Ashtanga series. Get your sexy sweat on in this empowering hour of intense yoga.

### **SALSALICIOUS**

Hey Ladies - ready to add some flavour to your Flirty Girl work-out? Try Salsalicious! It's a hot fusion of high energy salsa dance moves with a cardio work-out designed to make you sweat, all while strengthening and toning your body.

### **SEXY CIRCUIT TRAINING**

Get ready for your total body workout! Sexy Circuit Training will take you through one hour of interval training that works on all your major muscle groups. Using a combination of weights, stability balls and resistance bands, this class alternates between aerobic and anaerobic intervals to maximize calorie burn and muscle fatigue. Love the burn baby!

### **SEXY SCULPT**

No liposuction or nip 'n tuck required. We'll help you change the shape of your body in this sculpting class, targeting those problem areas using dumbbells, stability balls and your own body's resistance.

### **SEXY STRETCH**

Did you know flexibility is the fountain of youth? Elongate your muscles and go deep as you relax into this soothing hour of intense stretching. You'll feel refreshed and renewed – maybe even taller after this amazing class.

### **VIDEO VIXEN**

Ever wish you could be a sexy dancer like Beyonce, Madonna or the Pussycat Dolls? Well now you can! We're recreating all of their videos in class so you can learn the exact same routines. Each class will teach you a new sexy dance routine to a popular music video. All exercise should be this fun. Plus you'll wanna showcase these new moves in the clubs!

### **XXX POWER STRIP**

Stop blushing and touch yourself! Our sassy instructors don't hold back in this hilarious class where you will learn a crazy sexy routine that will get you hot in more ways than one!

### **ULTIMATE UPPER BODY**

Grab some hand weights and start carving out shapely shoulders, toned triceps and beautiful biceps in this group training class. You'll love how you look in that strapless dress after successive sessions in this class that targets everything from the waist up.

### **ZUMBA**

Zumba combines motivating music with unique moves and combinations letting you dance away your worries. It's a fusion of Latin and International music-featuring aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba is an incredibly fun, easy and effective class-you'll feel rejuvenated after this high energy hour.



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