

# Strip Search

## Bump and grind your way to a better body (without baring all)

Ten women, ranging in age from mid-20s to 60-something, gather in **Aradia Fitness**'s downtown studio every week to shape up and shed pounds. Some wear track pants; others are clad in bike shorts and T-shirts—your run-of-the-mill fitness garb. But as their instructor, the voluptuous Tracy Gray (who co-owns the spot with fellow strip guru Christine Boyer), blasts “Sexual Healing” from the stereo, girl-next-door types suddenly morph into femmes fatales. Sporting come-hither stares, they crawl cat-like across the floor, caressing their hips, tossing their hair and slapping their pert bottoms. Clearly, this is not your typical aerobics class. Fueled by the massive popularity of Carmen Electra's *Aerobic Striptease* videos, striptease is gaining a devoted following among fitness fanatics. You don't have to take off all your

clothes, but after an hour of sensual swaying and gyrating, you're sure to loosen those hips—along with your inhibitions.

Named for a 14th-century Italian witch goddess, **Aradia** produces its fair share of 21st-century enchantresses, offering seven levels of classes in sensual movement and pole dancing; as students progress, they are invited to spice up routines with high heels or boots. Workshops in lap dancing are also offered, as is a crash course called **Get Ready for the Stage**, in which students take a field trip to a local (closed) club to try out their new moves in costume. Six-week session \$149. 263 Adelaide St. W., Ste. 206, 416-839-2525, [www.arduinofitness.com](http://www.arduinofitness.com).

If you prefer a choreographed dance to making up your own raunchy moves, head to **Flirty Girl Fitness**, which offers classes like **Striptease**

**Aerobics, Sexy Hip Hop and Pole Dancing 101**. Hot and bothered students practice a variety of routines—one number involves men's dress shirts. Drop-in classes \$18, eight-week just-teasing striptease session \$160. 462 Wellington St. W., Ste. 110, 416-920-1400, [www.flirtygirlfitness.com](http://www.flirtygirlfitness.com).

Sophie Luxton runs exotic dancing classes at various locations across the city, including **Eclipse Fitness** (page 8). The sessions are suited to bashful beginners who want to get in touch with their sensual side: during the last class, students are invited to dress up in “whatever makes them feel sexy,” which, on one visit, included everything from mini-dresses to stilettoes to bikini tops. Six-week session \$110. 416-537-8790, [www.sophieluxton.com](http://www.sophieluxton.com).

**KRISTA KNEE, OWNER AND OPERATOR OF FLIRTY GIRL FITNESS**

