

# HOT SPOT

by Hailey Eisen

**WHILE MANY RESOLVE** to get in shape in the new year, not everyone has the discipline to hit the treadmill running. If the thrill of jogging on the spot is not enough to get you out of the house this winter, maybe one of these enticing and cost-effective alternatives will do the trick.

When it comes to new workout trends, pole dancing seems to be the "it" thing this season. Flirty Girl Fitness (462 Wellington St. W.) may look like a posh nightclub, but it's actually a new women's pole dancing and striptease fitness studio. Women from 18 to 65 can get sexy this winter with group classes in lap dancing, sexy hip hop, and *Coyote Ugly* bar dancing. All classes are geared toward a beginner level, and no experience is necessary.

"Pole dancing is excellent strength training and eventually requires you to lift your own body weight," says Kerry Knee, the club's co-founder. Women giggle their way through classes while



Striptease: Owner Kerry Knee in action on the pole

building strength and confidence, she says. Eight-week sessions are \$160 to \$195. Membership is \$80 a month and includes all classes and services.

If you can't see yourself swinging around a pole, maybe swinging from a trapeze is more your style. The Toronto School of Circus Arts (42 Wellington St. W.) offers a recreational school that allows adults to fulfill their childhood dreams of being in the circus. Classes include flying trapeze, aerial and acrobatics, and trampoline. Four-month sessions cost between \$210 and \$560.

Looking to spice up your winter workout? Why not try shaking it at Hannan Belly Dance studios in Greek Town (71 Gough Ave.).

Belly dancing makes you feel better about yourself and your body, says Hannan. It combines a low impact aerobic workout with flexibility and strength training. Classes cost \$87 for six weeks.