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FASHION & BEAUTY

FLIRTY GIRL FITNESS



Stripping in the City- Strippercize Hits Toronto

By Jaimie K

Once you get past the initial awkwardness of group gyrating, strip aerobics is a fabulously good time.

Strip aerobics has been gaining strength and popularity in cities like LA and London for more than five years, and now Toronto, too, can

add itself to the roster of cities that like to strip.

Flirty Girl Fitness will officially open its doors on November 12th as the premier sexy fitness destination in Toronto, the largest of its kind in North America. Offering a range of scandalous classes, you can try your hand in everything from striptease, to sexy hip-hop, to pole dancing, and even lap dancing. And not to worry, poles can be rented by the week or month if you want to show off your newly-learned tricks at home.

Gym-owner Krista Knee says the goal of the fitness club is "to become a destination class for women."

"It's a place women can come to network, hang out, have fun, let go of their inhibitions, and get into shape," says Knee. "It's like one of those old boys clubs, only now it's for women."

Having taken some preview "teaser," classes myself, I can vouch that it is the most fun I've ever had at a gym. I would trade my treadmill for striptease any day.

Let your hair down, explore your sexuality, and get a workout while you're at it at Flirty Girl Fitness. The studio is located downtown at 462 Wellington St. West (at Spadina). Classes are held seven days a week, and special workshops run monthly. To register, call the studio or visit the website.

For more information on classes, schedules, membership, or the Nov. 12th grand opening check out www.flirtygirlfitness.com or call 416-920-1400.



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