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- [archive](#)

SUGARCAIN GETS SWEET ON FLIRTY GIRL FITNESS

June 12th, 2008

Flirty Girl Fitness is not like any other women's gym. More a high-end exclusive social club for women, their beautiful and trendy designer studio is filled with chandeliers and sophisticated décor to create the perfect ambiance to inspire women. Inspire they do! I could barely pry myself out their doors- it really is a wonderful place that you just want to stay in. Treadmills, bench presses and other traditional fitness equipment have been replaced with dance poles, bistro chairs, pink boxing gloves, feather boas and an ultra modern Coyote Ugly dancing bar. Yee-haw! But, don't let the female friendly ambiance make you think that you are going to be lightly powdering your face in between crunches, hits and flips. The trainers at **FLIRTY GIRL** mean business and even though they look heavenly, their workouts draw strength from the fiery pits of hell! Slight exaggeration there- but really, my butt still hurts from **KAREY SPADY**, who was our **ABS & BOOTY** class instructor and has her own philosophy about your body, "Our body is a free standing form. Balance & structure, strength & flexibility, is how we provide support for this form. "



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. No one said this class is going to be easy but all the

best things in life take work.

Unlike other focused workouts **Spady** pays special attention to the mind- body connection to fitness. For instance, the way you scrunch up your face when you workout, if you don't want any extra wrinkles, don't influence them on your face. My abs have never burned so much in all my life and just when you think you can not challenge your body further, you do, at the encouraging words of Spady. My girlfriend Janine, whom has been dying to go to **Flirty Girl** since they first opened their doors, felt challenged, but we had to laugh a couple of times to keep from crying!

Prior to the Spady's class, Janine and I thought we would get a few shots in with a boxing class. We may have been tickled pink at the choice of boxing gloves, but our cardio and hands took a beating from the class. My surprise was that our instructor, [Beckie Dileo](#) a famed artist in Toronto, who uses her hand to teach painting and deliver some incredible works of art. Some of which are hanging in **Flirty Girl Fitness**. Dileo can hold her own, her circuit training choices kept our heart rates moving and I truly felt like I could kick some ass (even more than usual), but with good form. Bag training, kicks, punches and learning how to avoid getting hit all tied into a fantastic cardio workout! I must have hit that heavy bag a hundred times and gained a whole new respect for anyone who boxes. This class is perfect for anyone who suffers alot of stress at work, had a recent breakup, loved one tickin' you off or any life situation that makes you wanna SCREAM!!



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, defense moves and how to really pack a punch!

FOR MORE CLASSES check out **FLIRTY GIRL FITNESS** [online](#)- a special promotion is available in a PUNCH card that drops the classes down to about 11/12 dollars per class. Only for a little while longer!



Flirty Girl Fitness is the brainchild of sisters **Kerry and Krista Knee**, who quickly adopted the nickname, “The Flirty Girls”. Kerry and Krista were born in Newfoundland, Canada and they started their first studio in Toronto. Since then, they have opened a second studio in Chicago and have plans to expand through out North America.

**462 Wellington Street West
Toronto, Ontario M5V 1E3**

Phone: 416-920-1400

E-Mail: toronto@FlirtyGirlFitness.com

Studio Hours

SUNDAY CLOSED

MONDAY 10:00 AM - 10:00 PM*

TUESDAY 10:00 AM - 10:00 PM*

WEDNESDAY 10:00 AM - 10:00 PM*

THURSDAY 10:00 AM - 10:00 PM*

FRIDAY 10:00 AM - 10:00 PM**

SATURDAY 9:30 AM - 5:00 PM**

REVIEW by ORLENA CAIN

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July 2008

S M T W T F S

[1](#) [2](#) [3](#) [4](#) [5](#)
6 7 [8](#) 9 10 [11](#) [12](#)
13 14 15 16 [17](#) [18](#) 19
20 [21](#) 22 23 24 25 26
27 28 29 30 31
[« Jun](#)

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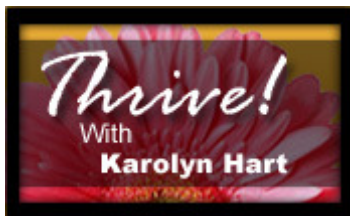
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