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### Get Your Flirt On: It's Time to Strip

#### Get Fit and Feel Sexy at Toronto's Only Pole Dancing Studio

Published March 27, 2006

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Flirty Girl Fitness classvideo clip goes above

Picture a dimly lit room surrounded by full-length mirrors. You stand barefoot on a glossy, cherry-finished hardwood floor, and run your fingers along one of 15 evenly-spaced gold stripper poles. Within five minutes several ladies arrive and reluctantly move towards a pole of their choice. Nobody speaks. A few shy looks are the only form of communication. Tension fills the air. At that moment, beautiful fitness buff Krista Knee enters and says, "Welcome to Flirty Girl Fitness. Today we're going to learn 'The Art of Striptease'."

[Krista Knee](#), 31, and her sister Kerry, are instructors and co-owners of [Flirty Girl Fitness](#), the largest pole studio in North America. They teach women of all ages, sizes, and fitness levels exciting exotic dance forms including pole, lap, chair, and table dancing, which increases their sexuality and confidence. Pole dancing is the fastest growing exercise regimen in the world. And thanks to these sexy sisters, any Toronto woman can give into her desire to strip and sexually satisfy.

Upon welcoming the ladies to her class, Knee turns on "Don't you wish your girlfriend was hot like me?" by The Pussycat Dolls and proceeds to teach a sexually inspired pole dance. Each woman learns to lift, dip, and spin on the pole the way professional strippers do. Although the ladies might wake up sore and bruised in the morning, the skills and experience will last a lifetime.

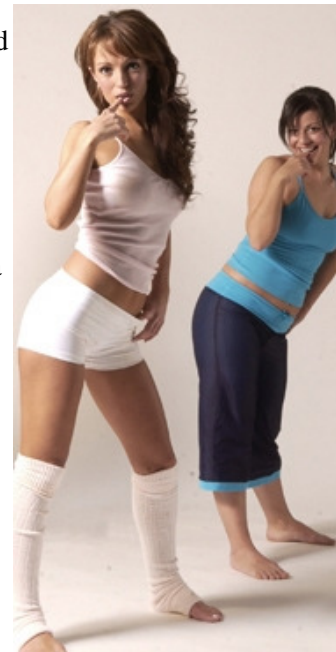
Knee is encouraging. She insists that everyone look at themselves in the mirror and touch their bodies the way they desire to be touched by someone else. Time goes by quickly and the class is over. The ladies thank Knee for a priceless experience as many inquire about future classes and schedules.

The most rewarding aspect of Knee's work is watching the transformation of the women who take part in her classes. "People really blossom," she said. "It's like a different person comes, and eight weeks later, a totally different person leaves. They throw their inhibitions to the wind."

How does this transformation happen? According to Knee, the classes are a major reason, but it's up to every woman to put her own personality and individual style into each dance she does.

Women know that physical fitness is extremely important to their overall health. But Knee says that one's sensuality requires equal attention. "You need to feel sexy and know who you are. Appreciate that you're sexy. Touch your breasts and... you know..."

Women strive to be sexually confident and Flirty Girl Fitness offers a path to achieving this. "Sometimes they come to feel sexy for their husbands or boyfriends," says Knee. "They want to add some spice in their relationship and we teach them how." A bright smile appears on Knees face as she recalls the fondest memory of her recent career. She describes an awkward woman -short and fat- taking a chair dancing class. "Her legs were way too



short for her body,” Knee explained. “So I tried to accommodate for her by eliminating some maneuvers I knew she couldn’t handle.” Certain that the woman absolutely hated the class, Knee was overjoyed that this wasn’t the case. “She came up to me and thanked me for the greatest experience of her life,” said Knee. “She told me she hadn’t felt that sexy in years. She said she wanted to go straight home to her husband.”



Knee was first introduced to the idea of a stripper style work-out while watching Terri Hatcher rave about similar classes in Los Angeles, on Oprah last year. The sisters, anxious to take a class, were disappointed to find out that they did not exist in Toronto. “My sister was so upset,” said Knee. “By the next time I visited her, she had installed her very own stripper pole in her bedroom.” Knee, an avid body builder, shocked her sister and friends with maneuvers she could already perform on the pole. “I had natural stripper talent,” she said laughingly.

The sisters had always wanted to go into business together and this proved to be the perfect opportunity. “After putting together a plan for the studio we found an angel investor and the rest is history,” Knee explained.

Office Manager and Event Coordinator, Eliza Sapin, explained that Flirty Girl Fitness, which only opened its doors to customers last December, is franchising all over Canada and the United States. Sapin, 23, says that young girls request to take classes all the time. Unfortunately, due to the sexual material that is taught, the minimum participation age is 18. But the classes’ popularity and appeal doesn’t stop there. Men want to take part too. “Usually men want to join up to watch girls strip,” said Eliza. “There are a small percentage of straight and gay men who just want to surprise their partners, but at least for now, this is a woman’s domain.”

The studio is home to Flirtesse, a lingerie, bathing suit, and yoga wear store, where ladies can buy apparel to increase their confidence and sexuality. There is also a make-up corner where ladies can purchase cosmetics or simply get done-up to look their absolute best for the duration of each class. “I recommend all of this,” said Sapin. “The classes, the make-up, the outfits... It’s all so rewarding in the end.”

[Interested in taking a class or two?](#) According to Sapin, annual memberships, eight-week sessions, weekend workshops, and drop-in classes are available.

Each class is brilliantly framed around a specific chart-topping sexy song that truly embodies female sexuality, explained Knee. Flirty Girl Fitness is home to a dozen dance instructors, each with an impressive yet different dance background. “Every girl choreographs her own dances. They’re so talented and dedicated. You’re in for a treat.”

Why Would You Take a Flirty Girl Fitness Class?

- Increase Sexuality
- Build Strength
- Increase Confidence
- Learn to Dance
- Not Interested