

May 2009

mondays

12:00pm	Body Blast	Eneli
1:00pm	Stretch Yoga	Karey
4:30pm	Bikini Boot Camp	Tara
5:30pm	Abs & Booty	Karey
	Cardio Soca	Esie
	Sexy Sculpt	Elena
6:00pm	Run It! (outdoor group run)	Tara
6:30pm	Fabulously Firm	Gab
	Booty Beat	MJ
	Flirty Fight Club	Karey
7:30pm	Flirty Pilates	Talia
	GI Jane	Karey
	Video Vixen	MJ
8:30pm	Pole Dance – May 18 & 25 only	Daina
	Stretch Yoga	Karey
	Flirty Femme Fatale	Penny

tuesdays

12:00pm	Body Blast	Eneli
1:00pm	Stretch Yoga	Karey
4:30pm	Balance Ball Body Blast	Liana
5:30pm	Fabulously Firm	Liana
	Jumpstyle	Janice
	Kickass Cardio	Karey
6:30pm	Stretch Yoga	Karey
	Zumba	Chris
	Cardio Booty Kickbox	Penny
7:30pm	Intermediate Pole / Pole Dance**	Daina
	House Music Honeys	Christine
	Abs & Booty	Karey
8:30pm	Pole Tricks	Daina
	Hard Core Hip Hop	Christine
	Flirty Pilates	Talia

wednesdays

12:00pm	Kickass Cardio	Karey
1:00pm	Stretch Yoga	Karey
4:30pm	Body Blast	Eneli
5:30pm	Sexy Sculpt	MJ
	Hip Hop Booty Camp	Eneli
	Yoga Fusion	Sarah
6:00pm	Run It! (outdoor group run)	Tara
6:30pm	Fabulously Firm	Karey
	Video Vixen	MJ
	Hottie Body Boxing	Beckie
7:30pm	Ballet Boot Camp	MJ
	Abs & Booty	Tara
	Cardio Soca	Celeste
8:30pm	Pole Dance/Pole Session 101**	Elena
	JumpStyle	Janice
	Flirty Pilates	Talia

thursdays

12:00pm	Fabulously Firm	Karey
1:00pm	Stretch Yoga	Karey
4:30pm	Abs & Booty	Karey
5:30pm	Sexy Sculpt	Elena
	Kickass Cardio	Karey
	Zumba	Kaitlyn
6:30pm	Body Blast	Eneli
	Booty Beat	Kaitlyn
	Flirty Pilates	Talia
7:30pm	Bikini Boot Camp	Elena
	MTV Choreography/Session**	Eneli
	Boxing Bootcamp	Tara
8:30pm	Intro Pole Teaser	Daina
	Chair Striptease / Lap Dance**	Kaitlyn
	Yoga Bootie Ballet	Jacqueline

New Classes

Run It!

Mon & Wed at 6pm Sat at 9:30am
Get outside ladies! Join Tara as she paces and pushes you through a scenic city run. Never run before? Here's your chance to learn stretching and pacing techniques to help you push to the end burning max calories and getting kick-ass calves! Don't forget your SPF!

Suitable for novice and veteran runners.

Yoga Bootie Ballet

Thurs at 8:30pm with Jacqueline
This innovative class is designed to give you the soothing elements of yoga combined with the rigorous training and toning that comes from ballet. Get your cardio in with ballet-styled movements and sun salutations in the first half, followed by intense legs, arms and abs exercises to tighten and tone. Jacqueline ends the class with a calming meditation – the perfect way to end your intense workout and thank your body for a job well done.

**Class Exceptions

May 5 & 19 - Intermediate Pole
May 12 & 26 - Pole Dance

**Class Exceptions

May 6 & 13 Pole Dance
May 20 – Pole 101 4wk Session Start
pre-registration required

**Class Exceptions

May 14 – MTV Choreo Drop In
May 21 - MTV 4 wk Session start
pre-registration required
May 7, 21 – Lap Dance
May 14 & 28 – Chair Striptease

Flirty Girl Fitness

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phone 416-920-1400

email toronto@flirtygirlfitness.com

web flirtygirlfitness.com

Be sure to secure your spot by calling or emailing your request up to a week in advance. A credit card is required to hold your spot for non-members and those without punch cards. (Your credit card will not be charged until you show up for your class).

If you are unable to make a class you must call or email to cancel. Please try to cancel evening drop-in classes by 5pm daily so we can contact those on the waiting lists.

Please make note of our cancellation policy:

Non-Members - will be charged the full amount of the class on their credit card.

Punch Card Holders - will be charged a punch off of their existing punch card.

Members - will lose their ability to pre-register for their classes for one month after three instances of not calling to cancel.

Saturday Workshops must be cancelled by Thursday at 5pm and Sunday Workshops must be cancelled by Friday at 5pm to avoid being charged the full amount of the class.



** Please note – classes and instructors subject to change or substitution

May 2009

fridays

12:00pm	Body Blast	Eneli
1:00pm	hard CORE	Eneli
4:30pm	Bikini Boot Camp	Tara
5:30pm	Abs & Booty	Elena
	Basic Boxing for Babes	Tara
	Yoga Fusion	Sarah
6:30pm	Pole Dancing	Daina
	Zumba	Kaitlyn
	Flirty Pilates	Talia
7:30pm	Pole Dancing	Daina
	Chair Striptease	Kaitlyn

saturdays

*new Saturday schedule starts May 9

9am	Fitness Fusion	Talia
	Bikini Boot Camp	Elena
9:30am	Run It! (outdoor group run)	Tara
10am	Power Pilates	Talia
	Sexy Sculpt	MJ
	Basic Boxing for Babes	Beckie
11am	Breathe Yoga	Elena
	Zumba	MJ
	Abs & Booty	Tara
12pm	Body Blast	MJ
	Fully Femme Pilates	Lyzabeth
1pm	Cardio Dance	Chris

New Weekend Classes

Fully Femme Pilates

Sat at 12 noon with Lyzabeth

Lyzabeth has put the Tease in Pilates and created a sensual, empowering and challenging class perfect for any Flirty Girl. She'll guide you through classic Pilates repertoire adding a sexy twist of sensual dance and gymnastic style stretches. The workout focuses on movements to strengthen the core, cinch the waist and to lengthen and strengthen the arms and legs without adding bulk. Enjoy this flowing Pilates workout that will bring out your inner sex kitten.

Cardio Dance

Sat at 1pm

All we ask is that you don't stop moving in this super-fun, easy-to-follow dance class. There's no slowing down to count your steps as the choreography is kept simple and the energy is kept high to get you into maximum calorie-burning mode.

Breathe Yoga

Sat at 11am & Sun at 11:30am with Elena

Trained in Hatha and Kundalini yoga, Elena has developed an energizing yoga class perfect for Saturday and Sunday mornings. Beginning with sun salutations to warm up the mind and body she'll then move you through strengthening and invigorating poses ending with meditation to help you balance out your weekend.

Workshops

Grab your girlfriends and join us for our ridiculously fun and sexy two-hour workshops every Saturday and Sunday afternoon. It's the perfect way to spend a girls' day out or, come on your own and experience the best way to get fit and feel fabulous with Flirty Girl Fitness.

Two Hours for \$40
20% off for members

May 2

12-2pm & 2-4pm Pole Dance with Daina
1-3pm Chair Striptease with MJ

May 16

12-2pm & 2-4pm Pole Dance with Daina
1-3pm Lap Dance with MJ

May 30

12-2pm & 2-4pm Pole Dance with Daina
1-3pm Chair Striptease with Kaitlyn

May 9

12-2pm & 2-4pm Pole Dance with Krista
1-3pm Coyote Ugly with Jamie

May 23

12-2pm & 2-4pm Pole Dance with Elena
1-3pm Chair Striptease with Jamie

sundays

10:30am	Bikini Boot Camp	Elena
	Zumba	Kaitlyn
	Flirty Pilates	Talia
11:30am	Breathe Yoga	Elena
	Sexy Sculpt	Tara
	Belly Dance Boot Camp	Christina
12:30pm	Balance Ball Body Blast	Tara

Workshops

Two Hours for \$40
20% off for members

Every Sunday:
12:30pm - 2:30pm Pole Dance

