

TORONTO DROP-IN CLASS DESCRIPTIONS

Please visit www.flirtygirlfitness.com for descriptions of our Workshop and Four Week Session classes.

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. This class utilizes a variety of equipment to both keep the content fresh and to challenge its participants; typical fitness tools used are free weights, medicine balls, Pilates rings, stretch bands & balance balls. No one said this class is going to be easy but all the best things in life take work.

BALANCE BALL BOOTY BLAST

If you want a strong core and fantastic mid-section give our Balance Ball Booty Blast a try. The stabilizing techniques used in this class will take your abs to the next level as you tighten, strengthen & lengthen your muscles.

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, defence moves and how to really pack a punch!

BELLY DANCE BOOT CAMP

Shimmy up a sweat in this fun class open to all levels of belly dance. A workout involving body conditioning, stretching and core strength training all while learning how to gyrate those hips and shake your mid-section. Whether you're looking to compliment your belly dancing or any other dance training, or you just want to get fit and learn some new moves this class is for you!

BELLY DANCING

Belly dancing is a phenomenal core body workout to tone that midsection. Take the plunge and make the most of this sensual dance experience by dressing the part of an exotic Belly Dancer! We encourage all participants to come to class dressed in a unitard or crop top that shows off that belly. Try adding a hip scarf to enhance those sexy curves (Any old scarf or shawl from home can look sexy tied around your hips).

BIKINI BOOT CAMP

It doesn't matter if it is the middle of summer or you're getting ready for a tropical vacation in the dead of winter – you always want to be in bikini-ready shape. Instructors in this class help you reach your goals by putting you through weight and cardio circuits for all-over toning and maximum fat burn. This class requires some serious determination – the results will make it all worthwhile!

BODY BLAST

Be prepared to work up some serious sweat! This strength training class uses hand weights to target every inch of your body. If you are intimidated by the weight room, this class is a fantastic introduction to weight lifting. You are encouraged to increase your weights week over week – if you consistently come to this class you won't believe how strong you will become nor how gorgeously defined your muscles can be!

BOOTY BEAT

This is a great class for anyone looking to get 'Fit to Strip'! This fat burning dance class will get your heart AND hips pumping. We take our moves straight from the hottest videos and coolest dance floors and incorporate them into a fat burning, super-fun routine. This class takes plain old aerobics to a whole new level!

BREATHE YOGA

Trained in Hatha and Kundalini Yoga, Elena has developed an incredibly energizing yoga class. 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.

CARDIO SOCA

Get ready to sweat in this high-energy, innovative class that incorporates Afro-Caribbean dance moves to get your heart rate high. Our fantastic instructors will have you panting after this intense hour as they transport you from the chill of the north to the sunny south!

CARDIO DANCE

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!

CHAIR STRIPEASE

You'll never look at a simple kitchen chair the same way again! This class introduces you to the art of the sexy chair dance while giving you the best abdominal workout you've ever had. We start with the basics and work our way through a routine so that at the end, you'll be able to show off an unbelievably sexy Chair Striptease routine.

COYOTE UGLY

The ultimate guilty pleasure! You've seen the movie and you know you want to try. You will learn a smokin' hot routine you can perform at your local watering hole. And don't think you're getting outta this class without actually doing a live performance on our own Flirty Girl bar which we've specially designed with Coyote Ugly in mind!

FABULOUSLY FIRM

Say farewell to that annoying jiggle after a few rounds of Fab Firm, a muscle conditioning class aimed at targeting those tough-to-tone areas like the back of your arms and your inner thighs. Put yourself to the test - fitting into your skinny jeans will be your reward. This class utilizes a variety of equipment to keep the content fresh and to challenge its participants.

FITNESS FUSION

This unique class is an integration of gyrokenesis, Pilates, yoga, and ballet. These exercises involve a series of circular, spiraling motions designed to tone your body from the inside. Gyrokenesis has been referred to as "3 dimensional pilates", and is often practiced by dancers and high performance athletes to alleviate injuries. Benefits include increased range of motion and improved flexibility while stretching, strengthening and lengthening your muscles

FLIRTY FIGHT CLUB

You'll be a lean, mean, sexy boxing machine after a full hour of hard-core kicking, punching and scrimmaging. Some use yoga to de-stress – now you have another option - have a go at the boxing bags to get out that pent-up aggression! This class is bound to get you energized and in peak condition.

FLIRTY FEMME FATALE

You don't need to be big and tough to protect yourself - you just need the Flirty Femme Fatale workout to give you some smart, simple, powerful techniques that can get you fit and fabulous and may help you out of a dangerous situation! The Flirty Femme Fatale class combines both self-defense methods with cardio kickboxing; strikes, punches, kicks & take-down moves while also training to be assertive, build confidence, get strong and stay fit! Pity the fool who tries to mess with a Flirty Femme Fatale!

FULLY FEMME PILATES

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.

G.I. JANE

Take a break from being Flirty and get serious in this no-nonsense circuit training class that focuses on form, muscle conditioning and endurance. The instructor has a whistle and a serious set of pipes to put you through the paces. Using a combination of weights, calisthenics and a cardio circuit you'll be pushed to your limit. Are you tough enough?

HIP HOP BOOTY CAMP

That's right...this isn't boot camp its booty camp...you'll get the same killer workout as you would in boot camp but this class adds elements of Sexy Hip Hop to energize you through the workout.

HARDCORE HIP HOP

Want to take your dance moves to the next level? Our resident hip hop divas have the most amazing choreography for you hard core hip hop fans. You won't even know you are getting a crazy cardio workout you'll be concentrating so hard on hitting your mark. Those video girls have nothing on you

HardCORE

Get rid of your rolls in this intense class that focuses on making your midsection mini! You'll be amazed at the number of exercises we have up our sleeves to tighten and tone your back and abs. Couple this class with some crazy cardio and you'll start to see your six-pack emerge!

HOUSE MUSIC HONEYS

Close your eyes and let the music move you! No cover charge or dress code required for this high energy hour, just the hottest beats and the coolest moves to let you "dance it out" at the end of a long day. You'll be so caught up in the music you won't even realize the massive amount of calories you are burning – while burning up the dance floor!

HOTTIE BODY BOXING

Ladies, want a benefits of boxing without the sweaty gloves and bruised knuckles...give our intense Hottie Body Boxing class a try. This intense hour of faced paced cardio takes you through a typical boxers training without the equipment. Wanna know how boxers get to be so tough? Take this class and find out! Now, this is empowering.

INTRO POLE TEASER

Not sure if this is for you? We offer a one time special introductory class to first timers of Flirty Girl Fitness. You'll start this beginner pole dance class learning some of the fundamental moves of sexy dance and by the time you're done you'll know a choreographed routine along with a fun pole spin!

JUMPSTYLE

JumpStyle is a kick-butt, high-energy, cardio workout based on a special style of club dancing that originated in the Netherlands. Come Jump away the calories to the pounding beats - fitness club or night club - in this amazing class you won't know the difference! Catch the Beat, Feel the Heat, Start Jumping!

KICKASS CARDIO

Looking for maximum calorie burn in your hour workout? Come to Kickass Cardio and earn your dinner as the instructor puts you through timed cardio circuits using jump ropes, Bosus and good old-fashioned callisthenics. Grab a towel and a bottle of water and be prepared to sweat – this class is intense!

LAP DANCING

Want to let loose and get up close and personal with your girlfriends? Giggle your way through this hilarious class where you learn a sassy routine that you will actually perform on our leather lap dance chairs at the end of the class. It's an hour of good, clean fun with a bit of a sexy edge – we dare you to give it a try.

PILATES

Pilates focuses on the core muscles which keep the body balanced – that's right ladies, this is a great class to compliment your ab workout! Combine your Flirty Pilates class with a high energy dance class for an incredibly effective, amazingly fun trip to the gym.

POLE DANCING

You'll never experience a hotter, more empowering and feel-good workout. The more you do it the better you get and when you see yourself perform a sexy pole dance, you'll be hooked! But don't think it's going to be easy. This is a serious workout! While pole dancers may seem to float effortlessly around the pole they're really lifting their own body weight! There isn't a muscle in your whole body that won't be engaged in this class. No experience necessary.

POLE TRICKS

Tone your muscles and work on your upper body strength. No choreography is taught. Just cool pole tricks for one full hour!

POWER YOGA

This form of yoga is an accelerated succession of yoga body postures based on the Ashtanga series. Get your sexy sweat on in this empowering hour of intense yoga.

RUN IT!

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!

STRETCH YOGA

This yoga class focuses on flexibility & breathing. Poses target opening up the hips and giving length to the muscles. This class is the perfect way to refocus your energy after a long day or calm, and stretch your muscles after an intense workout.

SALSALICIOUS

Hey Ladies - ready to add some flavour to your Flirty Girl work-out? Try Salsalicious! It's a hot fusion of high energy salsa dance moves with a cardio work-out designed to make you sweat, all while strengthening and toning your body.

SEXY CIRCUIT TRAINING

Get ready for your total body workout! Sexy Circuit Training will take you through one hour of interval training that works on all your major muscle groups. Using a combination of weights, stability balls and resistance bands, this class alternates between aerobic and anaerobic intervals to maximize calorie burn and muscle fatigue. Love the burn baby!

SEXY SCULPT

No liposuction or nip 'n tuck required. We'll help you change the shape of your body in this sculpting class, targeting those problem areas using dumbbells, stability balls and your own body's resistance.

VIDEO VIXEN

Ever wish you could be a sexy dancer like Beyonce, Madonna or the Pussycat Dolls? Well now you can! We're recreating all of their videos in class so you can learn the exact same routines. Each class will teach you a new sexy dance routine to a popular music video. All exercise should be this fun. Plus you'll wanna showcase these new moves in the clubs!

VERTICAL BALLET BAR

Wanna be as tight & toned as a ballerina? How about plies & sautés with a sexy sculpting twist? Turn that bar upright, play some funky beats and we'll use traditional ballet exercises mixed with other fun dance moves for one cool conditioning workout.

XXX POWER STRIP

Stop blushing and touch yourself! Our sassy instructors don't hold back in this hilarious class where you will learn a crazy sexy routine that will get you hot in more ways than one!

ULTIMATE UPPER BODY

Grab some hand weights and start carving out shapely shoulders, toned triceps and beautiful biceps in this group training class. You'll love how you look in that strapless dress after successive sessions in this class that targets everything from the waist up.

YOGA BOOTIE BALLET

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.

YOGA FUSION

Invalidate your body and mind with Yoga Fusion - this class is open to all levels and will work your body through classic sun salutations and creative standing and seated poses to strengthen and tone your core, improve flexibility and balance. Treat your body to this class at least once a week for full restorative effect.

ZUMBA

Zumba combines motivating music with unique moves and combinations letting you dance away your worries. It's a fusion of Latin and International music-featuring aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba is an incredibly fun, easy and effective class-you'll feel rejuvenated after this high energy hour.



Flirty Girl Fitness | 462 Wellington St. W | Toronto | ON

P: 416-920-1400 | E: toronto@flirtygirlfitness.com