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12-20-05 **Flirt away fat**

In the quest for a buff bod we'll try anything.

Boxercise, yoga, pilates – even sweating to the oldies (though we'll deny it in public). Name a fitness trend, and we've tried it. Our most recent find? The new strip aerobics classes at [Flirty Girl Fitness](#).

Yeah, we know – you're a little skeptical. After all, why would you want to strip in a room of strangers when you refuse to do it in the privacy of your own home?



But trust us. These classes are worth every single second.

We bumped and grinded our way through strip hip-hop classes. Swiveled our hips around poles. Even wiggled our curves to a choreographed lap-dance lesson.

And now, we're hooked. We've never had so much fun working out! (And what a work out it was – strippers look good for a reason!)

You can sign up for an eight-week session (\$160) or drop-in (\$20 per class, cheaper if you buy a punch card). And if you're on the shy-side, fear not – you can start with one of flirty girl's private lessons (\$80 per hour) and work your way up to the group classes.

So unleash your inner-bombshell and tone your bod with one of these super sexy, saucy classes.

We promise, you'll never go running again.

Flirty Girl Fitness

www.flirtygirlfitness.com

462 Wellington St. W., Suite 110 (use the back entrance)
416-920-1400

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