

Chill Out

Wellness for body, mind and spirit

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Just opened

DANCING QUEEN We thought the pole dancing fitness craze fizzled at about the same time *Sex and the City* went off the air, but sisters Kerri and Kristi Knee are betting it's not over yet. They're opening their second location of the Toronto-based **Flirty Girl Fitness** studio in Chicago this week. (It will resemble the Toronto outpost, pictured here.) But unlike typical gyms, instead of treadmills, ellipticals and dumbbells, you'll find poles, feathers and pink crystal chandeliers. "It's the un-gym. It's very bling!" Kerri says. "Everyone expects something like this in L.A. or Miami or New York, but we wanted to prove that it would be a hit in the Midwest." The schedule of risqué dance classes (like *Chair Striptease*) and bachelorette party packages generate most of the buzz, but you'll find straight-up cardio classes too, like *Hottie Body Boxing*. After class, nibble on a healthy salad in the café, or hang out in the lobby/party area with—what else?—a pink Cosmo. 1325 W Randolph between Elizabeth and Ada Sts. \$110 a month for unlimited classes or \$15 per drop-in class. —Liz Plosser