

### August 2010

\*\* Please note – classes and instructors subject to change or substitution  
Follow us on *Twitter* for daily updates on class and instructor changes: [FlirtygirlTO](#)

#### mondays

**Closed Mon Aug 2**

7am	Ultimate Upper Body	Eneli
11:00am	Body Blast	Eneli
12:00pm	Zumba	Elena
1:00pm	Babes with Balls	Karey
5:30pm	Zumba	Candice
	Sexy Core Cardio	Tara
6:30pm	Fabulously Firm	Karey
	Booty Beat	MJ
	Boxing Bootcamp	Tara
7:30pm	Flirty Pilates	Jacqueline
	GI Jane	Karey
	Video Vixen	MJ
8:30pm	Pole Dance	Krista M
	Stretch Yoga	Jacqueline
	Sexy Sculpt	Karey



FlirtyGirlFitness is pleased to host  
**GEORGE CHAKER'S BOOTCAMP**  
GET A DOUBLE DOSE OF BOOTCAMP IN APRIL!  
**Are You Tough Enough?**  
7am - 8am  
**\$100\***

**SESSION 1:**  
Tues Aug 3 | Wed Aug 4 | Fri Aug 6  
Mon Aug 9 | Wed Aug 11 | Fri Aug 13

**SESSION 2:**  
Mon Aug 16 | Wed Aug 18 | Fri Aug 20  
Mon Aug 23 | Wed Aug 25 | Fri Aug 27

**Flirty Girl Fitness**  
462 Wellington Street West  
Toronto, Ontario M5V 1E3

phone 416-920-1400  
email [toronto@flirtygirlfitness.com](mailto:toronto@flirtygirlfitness.com)  
web [flirtygirlfitness.com](http://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).

#### tuesdays

**George's Bootcamp – Starts August 3** (preregistration req'd)

11:00am	Ultimate Lower Body	Eneli	
12:00pm	Body Blast	Eneli	
1:00pm	Power Pilates	Kat Lee	
4:30pm	Balance Ball Booty Blast	Liana	
5:30pm	Fabulously Firm	Liana	
	Booty Beat	Candice	
	Kickass Cardio	Karey	
6:30pm	Running Bootcamp**	Kat Lee	
	Stretch Yoga	Karey	
	Hard Core Hip Hop	Alix	
	Cardio Booty Kickbox	Penny	<b>**Intermediate Pole – August 17</b>
7:30pm	<b>Pole Dance/Intermediate Pole**</b>	Daina	
	House Music Honeys	Christine	
	Abs & Booty	Alix	
8:30pm	Pole Tricks	Daina	
	Zumba	Christine	
	Flirty Pilates	Jacqueline	

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.

#### wednesdays

11:00am	Zumba	Christine
12:00pm	Fabulously Firm	Karey
1:00pm	Stretch Yoga	Karey
4:30pm	Body Blast	Eneli
5:30pm	Sexy Sculpt	Tara
	Hip Hop Booty Camp	Eneli
	Flirty Yagalates	Jacqueline
6:30pm	Fabulously Firm	Karey
	Booty Beat	MJ
	Hottie Body Boxing	Beckie
7:30pm	Cardio Booty Kickbox	Penny
	Abs & Booty	Tara
	Video Vixen	MJ
8:30pm	Pole Tricks	Daina
	XXX Power Strip	Kat O
	Power Yoga	Jacqueline

#### thursdays

12:00pm	GI Jane	Karey
1:00pm	Stretch Yoga	Karey
4:30pm	Abs & Booty	Karey
5:30pm	Cardio Soca	Esie
	Kickass Cardio	Karey
	Sexy Sculpt	Beckie
6:30pm	Running Bootcamp**	Kat Lee
	Body Blast	Eneli
	Zumba	Elena
	Flirty Pilates	Amanda
7:30pm	Stretch Yoga	Jacqueline
	<b>MTV Choreo Session (starts Aug 26)</b>	<b>Eneli</b>
	Fabulously Firm	Elena
8:30pm	Intro Pole Dance	Daina
	Chair Striptease	Elena
	Yoga Bootie Ballet	Jacqueline



**FlirtyGirlFitness**  
Get Fit, Have Fun, Feel Fabulous

**Running Bootcamp**  
Tues Aug 17, 24 & 31 @ 6:30  
Thurs Aug 19 & 26 @ 6:30

Take your workout on the road! This new outdoor drop-in class will push you to your limit with interval runs and bootcamp style drills along the way. If you've never run before Kat will teach you to run comfortably, with confidence and help you avoid injury – as well as burning max calories in minimum time!

## August 2010

### fridays

11:00am	Zumba	Christine
12:00pm	Body Blast	Eneli
1:00pm	hard CORE	Eneli
4:30pm	Bikini Boot Camp	Tara
5:30pm	Abs & Booty	Tara
	Flirty Yoga	Jacqueline
	Booty Beat	Candice
6:30pm	Zumba	Candice
	Pole Dance	Elena
	Power Pilates	Jacqueline
7:30pm	Pole Dancing/Coyote Ugly**	Elena
	Chair Striptease/Lap Dance**	Teresa

**\*\*Class Exceptions** Aug 6 & 20 - Lap Dance Aug 13 & 27- Chair Striptease  
 Aug 6 & 20 - Pole Dance Aug 13 & 27 - Coyote Ugly



August 13<sup>th</sup> & 17<sup>th</sup> - check out our Coyote Ugly drop in classes at 7:30. Get up on the bar and show us what you got! Register in advance to secure your spot.

### saturdays

10am	Flirty Pilates	Jacqueline
	Bikini Bootcamp	Alix
	Booty Beat	MJ
11am	Zumba	Christine
	Abs & Booty	MJ
	Flirty Yoga	Jacqueline
12pm	Body Blast	Tara
	Flirty Yogalates	Kat Lee
1pm	Basic Boxing for Babes	Tara
2pm	Talia Pilates	Talia*** Talia's Back!



### 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

<b>Aug 7</b>	12-2pm Pole Dance	<b>Aug 21</b>	12-2pm Pole Dance
	1-3pm Chair Striptease		1-3pm Coyote Ugly
	2-4pm Pole Dance		2-4pm Pole Dance
<b>Aug 14</b>	12-2pm Pole Dance	<b>Aug 28</b>	12-2pm Pole Dance
	1-3pm Lap Dance		1-3pm Chair Striptease
	2-4pm Pole Dance		2-4pm Pole Dance

### sundays

10:30am	Bikini Boot Camp	Elena
	Zumba	Candice
11:30am	Sexy Core Cardio	Tara
	Booty Beat	Candice
	Flirty Pilates	Amanda
12:30pm	Body Blast	Tara
	Belly Dance Boot Camp	Christina
1:30pm	Flirty Yoga	Kat Lee

### Workshops

Two Hours for \$40  
 20% off for members

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

