

SELF



TRENDS



## { Let 'er Strip! }

By Jill Manoff

**W**hen it comes to working out, I like to get in and out of the gym ASAP. I don't schmooze by the water cooler; I don't take group exercise classes; I get agitated when I have to wait for a weight machine. But, when I heard about the Cardio Strip Fit and Pole Dancing with Angela class at The Fitness Studio, something drew me in. Maybe it was because I'd heard Teri Hatcher took a similar class; maybe it was because I thought it would get me a butt like Carmen Electra's. For whatever reason, I went. And I was hooked from the first "sexy squat."

Now I know what you're thinking. Cardio Strip Fit and Pole Dancing. It sounds like one of those more-fluff-than-fitness classes you'd take for fun, solely as a supplement to your typical workout. Even from the perspective of a bystander, the scene is like nothing from any gym: a group of gals—from college- to middle-age—decked out in high heels (some Lucite, some not), being instructed to look at themselves in the mirror as they touch their bodies and shake out their ponytails while dancing to AC/DC and The Pussycat Dolls in a room lit up by a disco ball. True, it's fun; but it's also effective. By the end of the hour-long class, made up of a warm-up, a dance routine and multiple maneuvers on a stripper pole, my

legs felt like jelly and my tush definitely felt tight. I left sweaty, feeling sexy and surprised by both my striptease aptitude and the hardcore workout I had just completed. So whether you're looking to learn some seductive new moves in a comfortable setting or to makeover your monotonous workout routine, this hot new class is certain to satisfy.

*Led by fitness instructor Angela Farrao, Cardio Strip Fit and Pole Dancing is held Monday through Thursday at The Fitness Studio located in The Lifestyle Center at the corner of Forsyth and Hanley in Clayton. Open since January 2006, The Fitness Studio specializes in providing affordable personal training services by St. Louis' top fitness professionals. Owners Stacie Mullen and Boni Clark will soon offer additional cutting-edge classes including The Rock Star Workout and Dancers' Pilates. To sign up or for more info, call 314.359.0074.*

### Where To Get Fit

THE FITNESS CENTER AT  
THE LIFESTYLE CENTER  
MEDICAL SPA

7642 Forsyth at Hanley  
314.359.0074