

## NEW FITNESS CRAZE IN DESOTO COUNTY FLIRTATIOUS AND FABULOUS-FITNESS

### BALANCING BEAUTIFUL BODIES-WOMEN'S AEROBIC STUDIO IS INTRODUCING A NEW POLE FITNESS CLASS IN DESOTO COUNTY

It seems that every woman is looking for a fun way to lose weight, tone up her body and feel better about herself. Now, women across America are doing just that in private-dance studios across the nation. Pole FITNESS classes are becoming more and more popular as women learn to dance and use their own body weight by working with the pole and toning the body. Using the pole is just like using a chin-up bar----I like to call the pole the "upright bar" because they both help to tone the upper body, especially the triceps and biceps.

Flirtatious and Fabulous Fitness will give you a FABULOUS body workout by replacing the treadmills, elliptical, and bikes for POLES, CHAIRS and BOAS. Sexy and Exotic dance aerobics to sexy music all while having fun, shedding pounds and burning calories.



Pole fitness has become one of the hottest and sexiest fitness trends in America today, and it has nothing to do with strippers, reports the *New York Times*. Drawn for the exercise, camaraderie, and confidence boost, women are flocking to a growing number of gyms and dance classes offering it. This class is for everyday women of all nationalities, shapes and sizes; you must be 18 yrs of age. Pole fitness is basically a dance involving aerobic movements on a pole (vertical) - spins and inversions.

There are a growing number of pole FITNESS studios and companies across the U.S. (CA, TN, MIA, NV, TX, CO, DC, VA, IL, GA, etc... There are no men allowed, so women are free to dance and exercise without embarrassment. All the participants cheer each other on and compliment each other. There is no negativity allowed at these FITNESS classes. Ladies will dress comfortable all while working out in their stilettos (shoes optional).

So why is the Pole FITNESS craze becoming so popular in America?



**Self Confidence.** Pole FITNESS IS sexy. Women love to feel beautiful and attractive, and Pole FITNESS allows them that opportunity. Because the lessons are in private dance studios, women have no need to feel self conscious or that they are being judged for how they look. While one-on-one lessons are offered, group lessons and fitness parties add an extra boost of compliments because participants are encouraged to applaud and cheer for one another.

**2. Workout** Pole FITNESS is a great TOTAL-body workout for women. The FITNESS classes begin with 15-30 minutes of "sexy yoga" before the actual FITNESS lesson begins, which offers women the ability to stretch and warm up their muscles before the actual Pole FITNESS class begins. Because Pole FITNESS is so much fun, most women don't even notice what a hard workout they have done until they leave and notice the fatiguing of the muscles and how much they've been sweating.

**3. Flirtatious & Fabulous** Pole FITNESS is often associated with sexiness; women are allowed to feel really good about their bodies. Pole FITNESS allows them to act sexy and move seductively while feeling sexy, all while working and toning the total body.

For more information about our **FITNESS PARTY PACKAGES**, call us at 662.536.3573 or log on to our website at

[www.balancingbeautifulbodies.com](http://www.balancingbeautifulbodies.com)

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