



If treadmills and step classes send you running in the other direction, try one of the following local activities—some more sultry than others! Not only are they fun, they'll also improve your cardiovascular health, burn calories, tone muscles and relieve stress.

by MELANIE OSMACK

#### **Pole Dancing**

Stars like *Desperate Housewives'* Teri Hatcher swear by it. Get toned and feel sexy doing it! Expect more shapely shoulders and arms, a flatter tummy and stronger legs (and you don't have to take your clothes off!). Aside from results, increased confidence and body awareness, you'll get some cool moves to try in the bedroom!

**When:** Various times

**Where:** Try one of these places...

[lifecentrefitness.com](http://lifecentrefitness.com), [aradiafitness.com](http://aradiafitness.com),  
[apolelotoffun.com](http://apolelotoffun.com)

#### **Ladies Only Snowshoeing**

Challenge yourself, build confidence and improve your level of fitness...yes, snowshoeing! In addition to fun and challenging workouts, learn about sports nutrition, cross-training, goal setting and the mental stamina required to endure.

**When:** Saturday mornings or afternoons

**Where:** Grouse Mountain, North Vancouver

**How much:** \$80 for six sessions  
(rentals included)

**Contact:** 604.980.9311  
[grousemountain.com](http://grousemountain.com)

### Venus Belly Dancing

C'mon ladies, Venus even organizes Belly Dance Boogie Parties so you can strut your stuff out on the town! Too shy to strut? Not to worry. Aside from learning a beautiful Middle Eastern dance, belly dancing enthusiasts report a variety of benefits: body re-shaping, core strengthening, relief from back-pain and a renewed acceptance of oneself. Your moves never have to leave the studio if you don't want them to!

**When:** Evenings or weekends

**Where:** New Westminster & Vancouver

**How much:** \$10 per session

**Contact:** 604.608.6608

[venusbellydance.com](http://venusbellydance.com)

### Women's Mountain Biking

This beginner's course is designed for women who wish to learn mountain biking basics. From bike

maintenance to trail etiquette, by the end of six weeks you'll know how to fix a flat tire, adjust your bike to avoid back injury and gear up and over hills, curbs and even logs like a pro.

**Where:** Lower Mainland

**How Much:** \$197.95 for 6 sessions

**Contact:** 604.922.4082

[womensonly.com](http://womensonly.com)

### Private Yoga

Without leaving the comfort of home, experience the one-on-one benefits of yoga with a qualified instructor and a lesson plan specifically designed for you and your body type.

Classes are confidential and save you the travelling time and awkwardness of doing yoga in front of strangers at a gym. Each class is 45 to 90 minutes long. Call a girlfriend to join you!

**When & Where:** You decide

**How much:** \$65 to \$102

**Contact:** 604.734.5954

[pureyoga.ca](http://pureyoga.ca)

### Lapdancing Workshops

No experience necessary, but bring high-heels and a man's shirt and tie! It'll be sexy, fun and educational as you work your body and learn lapdancing and stripping techniques. Leave with a tantalising routine to take home, and plenty of time to practice first.

**Where:** Lower Mainland

**How much:** \$59 for 2 hours

**Contact:** 604.731.8070

[aradiafitness.com](http://aradiafitness.com)

*Melanie Osmack, a pre & post-natal fitness instructor, is the owner of Fit 4 Two in Vancouver and mom to two-year-old Cadan. We asked her how she balances family and fitness. Her answer: She puts on some dance music and boogies around the living room with her toddler!*

## The Hottest Way to Celebrate!

Aradia Fitness doesn't just offer "Poleflow" classes (an intense pole dancing workout that's sure to strengthen your abs); they also offer pole parties, where they'll teach you and your friends some fun, sensual moves.

So, plan a stop at their studio for your next party, or even have them come to you—they'll bring the poles!

Check out their site at [aradiafitness.com](http://aradiafitness.com)

