



## STRIPPER-SIZE ME

Having sex burns calories, but so does Cardio Striptease at Crunch Fitness ([www.crunchfitness.com](http://www.crunchfitness.com)) and you don't have to have a partner ... that is until the instructor has you pair up with another woman to crawl underneath each other's legs and gyrate. Perhaps there should be bleachers for men to watch and fantasize about two women being together.

"Men often stand outside the class and watch," noted instructor Antonio Coke, former dancer and current interior designer. "As the majority of participants are women, guys enjoy seeing them touch themselves and interact in class."

Indeed, men are also welcome to participate – after all, the instructor is male – but women may have the body shapes to pull off the moves more easily. Plus, they may be less intimidated by the idea of acting sexy. But all would-be strippers beware, this class is not for the inhibited. To get a work-out, you need to work it, baby!



"Come on girls, touch yourselves!" said Coke during class at Crunch's North and Sheffield location, which exclusively offers Cardio Striptease in Chicago.

Coined by Crunch in major U.S. cities nationwide, Cardio Striptease has been a great "sex-cess." It is a "signature" Crunch class, meaning wild and different, according to Coke. The class in Chicago averages 25 participants, ranging in age from their 20s to 50s, including mothers and professional dancers, he said. On occasion, a few men even show up.

"The guys love it, especially pairing up with women for certain moves," Coke noted. "Overall, the reaction to the class has been great. I make up the routine on the spot, so each class is fresh to everyone."

Sometimes he uses a pole to teach new moves (participants are given body bars to emulate him). Or he'll break out a dozen boas for accessorizing during "stripper-sizing." People also have the option of bringing their own boas.

"Some people think because we're located around the corner from the VIP Club that we're an audition place or farm team for strippers," said Jeff Riney, area vice president for Crunch. "But if you come to the class, you'll see this is not the case."

However, it may have been the case at the Crunch in Los Angeles on Sunset Boulevard as Carmen Elektra used to go to Cardio Striptease there. Now she has her own aerobic striptease video ([www.aerobicstriptease.com](http://www.aerobicstriptease.com)) for sale online to capitalize on this new "sex-ercise" trend.

"The popularity of Cardio Striptease depends on the location," Riney noted. At the Sunset Boulevard location, for example, there are 50 people per class. I guess there are more stripper wanna-bes in LA."

"The class was sluttier than I thought it would be," said an anonymous participant in Chicago. "It was surprising that a male instructor could do all of those striptease moves ... even I couldn't do the crawling. I felt sexy doing a lot of the stuff, but need a cocktail before class next time."



## FITNESS CONTINUED

Fortunately, there is power in numbers and comfort in seeing other would-be strippers act as foolish as you. At the very least, you get a great abdominal work-out from laughing at yourself.

"You definitely have to have a sense of humor going to a class like Cardio Striptease," said poser stripper Molly Strzelecki. "I looked up at one point and saw myself in the mirror, throwing out a 'come hither' look and crooking my finger at the imaginary man in front of me. At first, I was slightly horrified, thinking, 'what the hell am I doing here?' But I got over it. I dropped to my knees, slithered across the floor, pelvic-thrusted away and moved on, letting any residual inhibitions fly out the window."

"The class was fun, but definitely more of a work-out than I thought it would be," said Maria Sitchon. "And for some of it, like the crawling, knee pads would be helpful!"



"I'm not going to lie, my booty hurt afterwards," Strzelecki added. "All of that slow slinking down to the floor really tests your butt muscles."

The class may also allow women to test new moves with their significant others. One participant said she was going to do the routine for her boyfriend when she got home.

"I felt very sexy and would do it again," said Kimm Donnelly. "But you have to get into it to enjoy the class. It's great female bonding. In fact, it would be fun to have the instructor give a lesson for a bachelorette party."

Her wish has already come true. About once a month, Crunch books Coke to give stripping lessons for special events with the option of using the gym's studio. Contact Lois Miller at 312.527.8100 or at [lmiller@crunch.com](mailto:lmiller@crunch.com) for details.

Crunch at North & Sheffield currently offers Cardio Striptease on Mondays at 6:15 pm.