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On the Scene LA

This week's byte of local culture & news



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July 27, 2006 :: E-mail Issue #101

The Exercist



l-r: Dances from the '80s, Beautifully Me, Hoopnotic Hoop Dance

Sure, your body is not what it used to be—but look on the bright side, your thighs have kept you far away from the ripped leggings trend. So instead of opting for a coffee and cigarettes diet on that “vacation in Colorado,” take up a healthy habit and have some fun with these trendy workout classes.

- ★ [The Sassy Dance Workout](#) – Think belly dancing, Latin moves, and Polynesian sways with the intense core-work of Pilates. *SYNER-G Studio, 345 N. La Brea Ave., Ste. 208 (@ Beverly Blvd.); 323.965.8681*
- ★ [Hoopnotic Hoop Dance](#) – Your hips won't lie with this grown-up hula-hooping class which helps to tone muscles, increase flexibility, and improve coordination. *Hoopnotica, 114 Washington Blvd., Ste. D (@ S. Main St.); 877.GO.HOOPN*
- ★ [Dances from the '80s](#) – Feel like sweating to the oldies without Richard Simmons? Then check out this new class that specializes in all the famous dances of the '80s—we're talking *Thriller, Flash Dance, Footloose, and Dirty Dancing*. *Dance Depot Studio, 816 E. Pico Blvd. (@ Lincoln St.); 310.396.9091*
- ★ [Beautifully Me](#) – Elizabeth Berkley will have to be *Saved By the Bell* once she sees your sexy moves. Hot classes include the Art of Pole Dancing, Sexyrobics, and Strip & Strut: A Lap Dance and Strip Tease. That's hot! *The Pacific Arts Center & Dance Studios, 10469 Santa Monica Blvd. (@ Holmby Ave.); 310.686.3785*

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