

THE OPRAH WINFREY SHOW





OPRAH.COM

OPRAH'S BOOKS

BOOKS SEEN ON THE SHOW

The S Factor: Strip Workouts for Every Woman
 By Sheila Kelley
 From the show [Releasing Your Inner Sexpot!](#)



Health and Behavior

Posted 2/22/2004 3:18 PM

Pole dancing shows up in health clubs

WASHINGTON (AP) — Once reserved for the privacy of a men's club, pole dancing is turning up in unexpected places. Health clubs and dance studios offering the slow grind are attracting women who might have otherwise settled for a step class.



www.thestar.com

Working it on out

At Pole 101, the emphasis is on fun, fitness — and attitude

"Be as sexy and dirty as you want to be," their instructor says as the class at Flirty Girl Fitness in downtown Toronto begins...

First it was Demi Moore in *Striptease* performing on a stripper pole. Then former *Baywatch* babe Carmen Electra came out with a video for striptease aerobics. Now just about everyone wants to do it.

"People think it's about the men watching. But it's all about women — building your confidence and feeling sexy."

"It's a lot of fun — kind of cool and sexy,"



Gyrate into shape!

A single mother from Peterborough has lost four stone in weight in just four months thanks to her new fitness regime...pole dancing!



Girls keep fit pole dancing

Royal pole dancing

The girlfriends of Britain's Princes William and Harry are to become pole dancers for a night.




Pole Dancing To Lose Weight

There's a new workout craze showing up in health clubs and studios across America.

Women are getting in touch with their "inner stripper" and some are seeing results in a matter of weeks.

Losing weight may seem like a never ending battle.

Hours of spinning class, punching it out with Billy Blanks, or "stepping" off the weight.

But there's a new workout in town stripping away the pounds.

More and more women are rolling out the mat and building new bodies with "the pole."

"It improves your posture, you just walk a little taller and it's also like you've got your own little secret," said Victoria Lore.



Sheila Kelley's S-Factor empowers women at Encino studio

Pole dancing and cat calls tempt inner goddess with seductive workout

Melissa Eastman was tired of the treadmill and yearned to spice up her workouts...

Not that S-Factor classes aim to breed strippers. Far from it, says Kelley, lounging in

her bright L.A. office — the concept promotes guiltless self-love and confidence through a brazen exploration of each woman's natural potential.



Men in position for pole dancing

Swinging around a pole with one woman cheering me on and another taking photographs felt like a rather disturbing role-reversal after a number of stag nights.



Striptease: A new form of exercise

Aerobic striptease-based workout classes are the latest fitness craze to hit Canadian gyms.

Lose weight, be sexy

After Teri Hatcher praised its physical benefits on Oprah, Canadian fitness buffs quickly followed suit. Classes draw women (no men allowed) of all body types, ages and professions (minimum age is 18) who are looking to add a bit of excitement to their mundane treadmill repertoire.



Pole Dancing The Latest Fitness Frenzy

LAST UPDATE: 5/17/2006 9:29:26 AM

It's warmup time and these pole kittens as they're called are gearing up to master the art of pole dancing. "You are using your own body weight to build and tone your muscles," said Instructor Sarah Nichols. "You are also getting a cardiovascular work-out." It doesn't take long to see how. This hot new trend is full of moves designed to strengthened the core or center of your body and turn provocative fun into fitness.