

January 21, 2012

Email not displaying correctly? [View it in your browser](#)

TWEET • FORWARD • SIGN UP



Shake It

Yoga Booty Ballet combines the best of dance and meditation



[Midtown Athletic Club Chicago](#)
 2020 W. Fullerton Ave.
 Chicago, IL 60647
 773-235-2300



OK, let's play word association. We say "Serena Williams." You say...

Do booty and tennis come to mind? We thought so.

When we heard that [Midtown Athletic Club](#) is offering a slamming set of cardio classes to accompany its already jamming tennis circuit, we had to check it out. Especially when we saw this hybrid class called Yoga Booty Ballet. Group Fitness Director and Yoga Booty Ballet Instructor Angela Gusman ensured us that we would love the mixture of dance, meditation, and barre routines.

Boy, was she right! After an hour of pliés, booty shakes, and positive encouragement from Angela, we were ready to take on the world. It's a fast-paced class filled with Betty Whites and Blake Livelys, which makes for an interesting dynamic that you don't want to miss. Isn't Betty White doing Yoga Booty Ballet a fun image to conjure up?

advertise with us

Love it? Share It!



Just saying hello!



After class, our cores were strong, our booties tight, and our soul light. Angela ends the class by handing out affirmations of abundance. Our favorite: "The more grateful I am, the more reasons I find to be grateful."

Today, we are grateful for our booties and our boobies.

Midtown is family friendly and has a little something for everyone beyond its core tennis offerings. [Click here to check out this snazzy health club and attend a group fitness class for free.](#)

xx, The FabFitFun Chicago Team

PREVIOUSLY ON FABFITFUN



Eat Well on the Run

The healthiest fast food options.



Spend Little, Live Large

Five healthy finds under \$25.

LIFE IS BETTER WITH



SEE YOU TOMORROW

YOU ARE GETTING THIS EMAIL BECAUSE YOU SIGNED UP AND LOVE US.

UPDATE YOUR [SUBSCRIPTION PREFERENCES](#) OR [UNSUBSCRIBE](#) IF YOU'VE FALLEN OUT OF LOVE.

SAY HELLO! HELLO@FABFITFUN.COM | 323.454.2220 | 8474 W. 3RD ST. LOS ANGELES, CA 90048

© FABFITFUN 2012