

Twerking: Fanny Fitness Bounces into Toronto

Bootylicious Butt Bouncing Twerks Toronto

Twerking: Fanny Fitness Trend Alert!

June 2013 – Toronto – The twerking trend is right up there with Gangnam Style and the Harlem Shake. It's intrinsically rebellious and salacious; twerking easily rattles the morally superior and some think it is the end of civilization. That doesn't bother Shannon Crane, owner of Brass Vixens Pole Dancing & Fitness Studio; she knows a hot fitness trend when she sees it.

Toronto Women Werk the Twerk

If you don't know already...Wikipedia states: "Twerking is a dance move that involves a person shaking their hips and bottom in a bouncy up and down motion causing it to shake, wobble and jiggle." Basically it's a rump-shaking dance style that has been adopted as the hottest new fitness trend.

"The fitness community doesn't care about the controversy surrounding twerking. Sure it's sexualized, but so is pole dancing, and I have plenty of students who love pole fitness and don't give a hoot about the stereotypes," says Shannon Crane. "Twerking as fitness is exciting. Many women want to spice up their workouts with new moves, especially ones that give you a tremendous looking butt and sassy dance moves!"

Twerking for Bootylicious Buns

This butt workout actually involves a lot of muscle control and core balance. Twerking targets the gluteus maximus to tone and build butt muscles, strengthen leg muscles through squats and bounce moves, and tones the lower torso with balance moves and pelvic thrusting. Really expert twerkers can isolate bum muscles and demonstrate impressive displays of butt bouncing. To be sure twerking will speed up heart rate!

The trick to twerking is having a playful, confident attitude. Sure having a prominent posterior is an asset (pardon the pun!), but anyone can try twerking if they want. Twerk fit enthusiasts are saying they benefit from greater body confidence and fitness routines are fun again!

Origins of Twerk

The origins of twerk are not strictly Nicki Minaj, Beyonce and Miley Cyrus – just a few of the many celebrities twerking up a storm. Apparently the twerk dance move came out of hip hop "bounce" music in 1993 as a result of New Orleans' DJ Jubilee's classic tune "Do the Jubilee All" – he chants: "twerk baby, twerk baby, twerk, twerk, twerk." (The Daily Beast) There is still much debate on how the trend got started.

Twerking in Toronto

Brass Vixens offers twerking classes Tuesdays at 8:00 PM and Fridays at 7:45 PM. Women only. Classes are typically booked solid, register for classes in advance to avoid wait-list.

Check out this professional twerker demonstrating twerking basics: <http://www.youtube.com/watch?v=NgoyVRO0A0E>

Twerk Lingo!

- * Shake it like you mean it
- * Live by the twerk. Die by the twerk
- * Keep on that twerk

Twerk Related Reading! An Old Person's Guide to Twerking 15 Celebs who are Twerking Pros Miley Cyrus 'Twerking' Video Goes Viral In Defense of Twerking

Please contact Sonja to arrange a media twerk session or Q&A. Click here to see our most popular classes at Brass Vixens.

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Media backgrounder <http://www.brassvixens.com/media-takeaway-pdf/>



Brass Vixens offers over 200 pole dance and fitness classes a month where women (and men) of all levels and ages can get down, get fit and get sexy! First for Pole Dancing in Toronto, Brass Vixens also offers the latest in fitness exercise including FlyGym, Hula Hoop, Aerial Fitness, Burlesque & Chair Dancing. Private fitness parties to celebrate Birthdays & Bachelorette Parties are two of our most popular bookings.

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