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Finding Your Inner Goddess: The Women Take Control

Sexy cardio that takes fitness to a whole new level

Toronto, ON (August 15, 2005) --- Pole Dancing is the latest trend in women's fitness and it does more than burn empty calories. It helps women to release their inhibitions and to reclaim their sexuality – something that the Everything To Do With Sex Show has been encouraging since its inception! We are thrilled to announce the addition of Aradia Fitness – Pole Dancing and Sensual Movement for Fitness Studio www.aradiafitness.com , to our phenomenal line up of confident and sexy women performers and presenters.

Aradia Fitness will appear on the Everything To Do With Sex Show Mainstage with an interactive Pole Dancing session where women will have the opportunity to learn a few basic moves and try out the pole for themselves. They will also be hosting a teaching workshop in the Everything To Do With Sex Show seminar series, where attendees will have the unique opportunity of learning the "Art of the Lapdance" in a non-threatening, fun environment! For complete mainstage and seminar information, please visit www.everythingtodowithsex.com.

The first Pole Dancing for Fitness Studio in Canada, Aradia Fitness intends to unleash that sexy, confident, beautiful, woman inside of each participant! Besides learning sexy dance and fitness moves, how to lapdance, and dance on a pole, Aradia puts women in contact with a growing community of fabulous, like-minded powerful women who, by getting in touch with their sexy side, are changing and empowering their lives. All classes take place in a fun, safe, supportive, non-judgmental environment where attendees are all different ages and sizes. All attendees need is their sense of humour!

The Everything To Do With Sex Show is spearheading a new openness and appreciation for romance, sensuality, sexuality and self improvement. Provocative and edgy, but tame and appealing enough to draw an upscale, market. The show presents sex, and everything to do with it, in a fun, relaxed and non-threatening environment that appeals to couples and singles alike. The show runs October 21 – 23, 2005 at the Automotive Building, Exhibition Place.

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