



*Burlesque* FITNESS<sup>TM</sup>

FOR IMMEDIATE RELEASE

Contact: Simone Keller  
Tel: 0410 437 220  
Web: [www.burlesquefitness.com.au](http://www.burlesquefitness.com.au)  
Email: [siberfit@gmail.com](mailto:siberfit@gmail.com)

## **EXERCISE TOO SEXY FOR AVOCA BEACH MARKETS?** Burlesque Fitness instructor not welcome to perform at future events

Simone Keller from Burlesque Fitness received an unpleasant surprise last week via email from the organisers of Avoca Beach Markets.

Simone performed a 10-minute demonstration at the market Sunday 23 October wearing fitness gear and playing tracks such as 'Sex Bomb' by Tom Jones and 'Welcome To Burlesque' by Cher.

Bianca Cardis from Fixx Events, ([www.fixxevents.com.au](http://www.fixxevents.com.au)) the organisers of the event, afterwards said that several 'mothers' had complained that the music and moves were 'too risqué' and that Fixx is planning to 'simplify' the entertainment from now on. Burlesque Fitness would therefore not be welcome back.

A disappointed Simone said: "I created Burlesque Fitness to encourage people to enjoy the process of getting fit by creating a fun, relaxed environment. The classes are about empowerment, and are presented with tongue-in-cheek energy."

Simone, who runs popular classes in Terrigal, Ettalong, Gosford and Woy Woy, also performs at other local markets (including the recently launched Woy Woy Art Market). She has many fans who were quick to support her fitness classes.

"The philosophy of Burlesque Fitness fits with the focus on women being themselves and being proud to be a woman. In regard to any 'inappropriate' moves a few people may object to, it could be said that belly dancing is similar. And a famous singer who was condemned many years ago for inappropriate moves, Elvis Presley, is now a legend."  
Trish, Class member

"Our class members include people of all ages, from late teens up to seniors and the atmosphere is great. It saddens me that a few narrow minds can put such an unpleasant spin on this type of exercise." Simone said.

-----

If you'd like to know more about this topic or schedule an interview with Simone Keller, please contact her on 0410 437 220 or via email at [siberfit@gmail.com](mailto:siberfit@gmail.com).