

# LIKE A VIXEN



Best known as the always smiling, energetic anchor and health reporter at WJBK FOX 2 Detroit, Lila Lazarus is no stranger to adventure. The self-professed “fitness freak” has run nine marathons, is an avid motorcycle rider and speaks five languages. So when asked to take an “alternative” fitness class also known as Vixen Fitness pole dancing 101, the enthusiastic reporter exclaimed, “I’m always up for a challenge, and you can count me in!”

Arriving in matching runner’s gear and wearing a huge smile, Lazarus whizzed past Vixen Fitness owner and instructor Danielle Green and quickly scaled one of the 10-foot poles in the dance studio. “I once went through a military boot camp and found out I really had a lot of upper body strength,” boasted the pint-sized reporter as she slid down the pole in expert fireman form.



## LILA LAZARUS SPINS AND TWIRLS THROUGH AN ADVENTUROUS DANCE CLASS AT VIXEN FITNESS

Obviously impressed with Lazarus’ eager attitude, Green jokingly replied, “I guess I won’t be taking it slow in class today!”

Lazarus took to the pole quickly, and after mastering a few basic moves, she eagerly asked, “Okay, now can you show me the really hard stuff?”

Impressed with Lazarus’ tenacity, Green proceeded to demonstrate a series of elaborate gravity-defying inverted spins. “Now that is what I’m talking about! I want to learn how to do that!” Lazarus said.

Soon after, Lazarus was upside down practicing the more difficult inverted body wrap spin. “This is a little harder than I thought!” she said.

As the class came to a close, Green explained, “Vixen Fitness came about because of women like you, Lila. I wanted to teach exotic dance classes that were designed with real, everyday women in mind who want to experience a fitness alternative and explore their sensuality in a safe, supportive and non-judgmental environment and have a great time while doing it!”

Lazarus replied, “Well, you hit the mark! I’m bringing all my girlfriends to class next week. You just found your new best student!”

👑 – Rian English

[vixenfitness.com](http://vixenfitness.com)