

POLE FIT: 101

(The Latest Trend In Women's Fitness)



There is Just One Rule at The P Spot: Bring it Up Sexy.

-By Erica Taylor

"SEX AND THE CITY" helped make yoga and pilates as fashionable as Manolos and Sunday brunch dates. If our favorite foursome were still on the air, they would be raving about the latest trend in women's fitness: Strip Aerobics.

Body-conscious ladies in DC looking to satisfy their inner exotic dancers (outside of Play Lounge) should find their way to The P Spot. Outfitted with floor-to-ceiling poles and "stripper shoes" for rent, The P Spot offers a variety of classes that focus on cardio and core-strengthening work-outs.

The owner and sole instructor of The P Spot, Michaela Brown, has combined her background in performing arts and physical training to create a fresh alternative to traditional, less stimulating, exercise options. "People find all kinds of excuses not to exercise, but if you make it fun, you can trick people into working out," Michaela says. "The

hard part isn't getting people to work-out, it's keeping them working out."

Melanie Weller, a P Spot regular, started taking PoleFit and Strip Aerobics after her husband read about the classes in the Washington Post Express. She's returned because "the classes aren't sleazy at all, it's so much fun, and you can really feel that it's a good work-out."

Beginners who might feel uncomfortable sashaying around a pole in six-inch platforms in front of strangers should know there is just one rule at The P Spot: "Bring it up sexy." That means if you don't land a move like a professional dancer, just arch your back, strut if off, and keep moving. Granted, after a hurts-so-good work-out at The P Spot, you might be moving a bit slow for a few days.

The P Spot is located at 210 Rhode Island Ave, NW. Visit www.thepspot.net for the schedule of classes and to register for your spot on the pole.

5 STEPS TO POLE FITNESS

1. With your right hand, grab the pole up high and take a walk around the beat of your favorite Maxwell/Usher song.

2. Take one step with your right foot parallel to the pole. While leaning your weight away from the pole lift your left foot into the air and



spin around the pole till your left foot meets with your right.

3. Spin clockwise and back in your original standing point (the spot you were in before you took a right step for your spin).



4. With your right hand, grab the pole up high and take your left hand up and behind your head and onto the pole under your right hand.

5. Lift your body with the strength in your arms and grab onto the pole with the back of your knee and thigh. Slide down slowly and with sex-itude!



In all honesty, we don't know what we're really talking about. If you really want to learn take it up from a professional. Sign up and register at The P Spot!

