

## Jazz, Workouts, Wine and Food Add Up to Fun

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Church, wine and pole dancing are the perfect combination for a weekend full of fun, food and great music, without regrets.

Friday nights at Westminster Presbyterian Church (400 I St. SW) will not bring your typical hallelujah service. Instead, the church offers an evening of live jazz that won't compromise even the most meager budgets. "Jazz Night in Southwest" includes the live sounds of Washington's finest jazz musicians for a family-friendly night of good food and great music. Every Friday night from 6 to 9 p.m., enjoy fried whiting fish, chicken, sides, desserts, iced tea, lemonade and soda. Although the event is held at a church, all denominations are welcome.

Admission is \$5 for adults, and children younger than 16 get in free. Food is sold separately. For more information, call 202-484-7700.

Then get a little more risqué for Saturday. The new pole-dancing exercise craze targets muscles in the butt, legs, thighs and arms in a manner that makes Pilates appear like the boring dinosaur of workout programs.

Traditionally, pole dancing has been associated with strip clubs and even possible feelings of embarrassment. But not anymore. Women across the United States have been finding liberation and a new form of expression while sculpting the body of their dreams.

Michaela Brown, owner of the P Spot (210 Rhode Island Ave. NW), said in an interview: "The common fitness seeker would prefer our PoleFit class over traditional classes like those found at local gyms because they are fun. But more importantly, they allow women to see themselves as sexy, secure, fearless and in control. This self-image, along with our motto to 'bring it up sexy,' empowers women to tackle all the daily obstacles they face at work, school, at home and in relationships."

The PoleFit class taught by Brown begins with students urged to slip into 6-inch stiletto heels, sign a waiver and pick a pole. But it's the 6-inch stilettos coupled with the standing, squatting, gyrating and spinning around a pole that makes looking sexy a real challenge — especially for the newbie. One novice's massive pain and muscle failure experienced during the first class offers quickly noticeable results and a skill set that could come in handy in the privacy of your own home. And it's an exciting option for a great day out with the girls.

Classes are also held throughout the week to accommodate various schedules.

Meander down to the "Taste of Georgetown" from 11 a.m. to 4 p.m. Saturday, and tantalize your palate with exquisite wine tasting and gourmet meal sampling. Culinary talents will be on display from 30 of D.C.'s finest restaurants. Choose from nearly 60 mouth-watering dishes as this 16th annual celebration benefits services for the homeless.

A \$5 tasting ticket is good for one tasting, and a \$20 tasting ticket will allow you to sample five dishes. Tickets will be sold at the event on the Eagle Bank parking lot from 11 a.m. to 3:30 p.m.

You could also splurge for a good cause. Living Classroom is hosting the National Capital Region's "A Night at the Yards" on Oct. 16 at Washington's Southeast Waterfront at the Yards. From 7 p.m. to midnight, jam to the live music of Trombone Shorty and Let the Monkey Go, with members of George Clinton's P-Funk Band.

Bring a designated driver as you treat yourself to all you can eat and drink. The Flying Dog Ales brewery is offering all-you-can-drink beer, and several wineries will be serving all-you-can-drink wine. There will be many restaurants to choose from, including Morton's the Steakhouse, Cantina Marina, Phillips Seafood, Matchbox and District Chop House.

Tickets are \$125 per person. Young professionals ages 25 to 35 get in for \$75. Proceeds will go to support Living Classrooms, a nonprofit educational organization that uses the environmental and maritime resources as hands-on learning laboratories for youths.

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