



Michaela Brown: Putting the Sexy into Exercise



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by [Anika Alexander](#) on [Living Around](#)

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Ambitious, Empowering, Innovative, and Fiercely Motivated are just a few words to describe Michaela Brown, owner, fitness trainer, and instructor of The P Spot® Fitness Studio located in Capitol Hill.

Michaela founded The P Spot® in March 2006, providing women with a workout environment for weight loss, power strengthening, and movement, while also discovering their inner sensuality. The P Spot® fuses exercise with exotic dancing and in the process makes every session sexy and fun! No surprise that Michaela's business quickly built up a loyal following and outgrew its Rhode Island Avenue location. The P Spot® is now located in a much larger studio, nestled in the popular Capitol Hill neighborhood. This is by no means a "Stripper" class. The P Spot® is sure to have you sweating within the first five minute!

Poles & Platforms...Pain & Pleasure

I have a newfound respect for exotic dancers. As I put on the six-inch platform stilettos preparing for the 6:45 p.m. class, I entered uncharted territory. I have been to countless pole parties for fun with friends, but never one that was fitness oriented. Stephanie, the assistant instructor, told me: "You will feel very different by the end of the class." I tried one of the choreographed moves and could not maneuver my body as smoothly as I hoped. I dipped, swayed, and sashayed my way to a sweat soaked shirt in no time. I did take pleasure in the fact that I stayed in my clear heels after a strap mishap. Tip: Don't strap on those heels too tight, ladies! Michaela encouraged me to keep going as I pushed myself up from my half squatted position. I learned that exercising in platform heels is a lot harder than it looks; especially while doing push-ups. My StripFit class was no joke!

A Woman of Many First

Early on, Michaela showed promising signs of rising to the top. After graduating in the top 5 percent of her class from the Pomfret School, a private boarding school in Connecticut, this New York native went on to attend Georgetown University, where she became one of the first African-American woman to play field hockey.

Michaela also holds the title of operating the first exotic fitness studio in DC. She has branded the terms BRING IT UP SEXY!® and Exoterobics®, her exclusive fitness program that offers a combination of strength training exercises, sexy exotic dance moves, endurance driven techniques, and easy to follow dance instruction.

One Sexy Session

There is a class for every age group and fitness level. The women I met raved about the classes, saying that exercising at The P Spot® had improved their health. The fitness area is spacious enough to accommodate a sizable number of participants. Those who can't attend classes, may workout at home with Michaela's instructional video entitled *Exoterobics®: Strip Aerobics Vol. 1* (\$24.99) available for purchase in the studio and on the company's website. Online classes are in the works.

The P Spot® holds Bootcamp in Paradise Fitness Retreats at beautiful resorts in the Caribbean. In February 2011, participants will enjoy an all-inclusive weeklong total fitness experience at the Grand Mayan Resort in Riviera Maya, Mexico. If you can't make it to Mexico, check out Michaela and her staff around town at collaborative events hosted by DC United, S.A.S.S.I.E. Inc. and other Ladies Night vents. You can also book a private party at Th P Spot® for a night of Pole-lite fun.

Here are some classes to try:

- P-lates—Pilates styled full body toning with core development and flexibility consisting of floor-based movements with minimal rest time.
- Chairwork—a seductively intense exotic fitness class based on a sensual chair dance routine. It includes a wide range of squats, leg extensions, and hip work. Great for thighs and glutes
- PoleFit—workout that includes a mixture of lifts, swings, dips and inversions designed to strengthen and build upper body strength, abdominals, buttocks and legs as well
- Strip Aerobics—formatted similar to PoleFit and Chairwork where women are challenged to perform individual exotic dance moves

I enjoyed my class so much that I plan on returning to get fit in a new way. The prices are excellent ranging from \$13 to \$25 per session. While heels are not mandatory, they are highly recommended and can be rented (\$10) or purchased (\$60-\$75) at The P Spot®. If you're looking for a great workout or new sexy moves, The P Spot® is the right spot!





*For more information visit:
www.bringitupsexy.com*

*The P Spot® Fitness Studio
518 10th Street, NE (Upper Level)
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202-629-4122*

*Hours: Monday through Thursday and Saturday, 6 a.m. to 8:30 p.m.
Class schedules and times vary. View registration for more details

<http://www.womanaroundtown.com/sections/living-around/michaela-brown-putting-the-sexy-into-exercise>