

## Red Bow Studio

A New Place to Exercise on Capitol Hill

ARTICLE BY PATTIE CINELLI | PHOTO BY ANDREW LIGHTMAN

With only a demur white sign designating its location, Red Bow Studio, located at 308 Mass. Ave. NE, is easy to miss. When I walked into the townhouse, next to Schneider's liquor store, it seemed like I was visiting the home of a friend who just had her house cleaned.

"I want students to feel as if they are coming into my living room – the

ideal version of my home, but clean and tidy!" said Red Bow owner Jane Brodsky. "People take everything so seriously in DC. I wanted to create something whimsical."

Jane was one of those DC people about whom she speaks. She is a lawyer by training with a degree and a license to practice. She was also an avid tennis player. However, four years ago, osteoarthritis in her leg and knee

took her off the court. A year later she was scheduled for knee surgery when a friend recommended B.fitBarre, an exercise program created in DC which blends strength training, Pilates and ballet-barre work in a high energy, core-strengthening workout. When Jane returned to the surgeon, her leg was strengthened and the surgery was canceled.

Jane fell in love with B.fitBarre



**Acupuncture ~ Massage ~ Meditation**

Wholistic health care for adults, children and teens.

**Healing Arts of Capitol Hill**

320 G Street, NE • 202.544.9389  
www.healingartscapitolhill.com

**Psychotherapy ~ Herbs & Nutrition**

**NANCY L. LITHGOW, RN, MSW**  
Licensed Independent Clinical Social Worker

Individuals, Couples & Families  
Mothers & Infants  
Counseling & Psychotherapy

when talking to friends and family isn't enough

**202-543-7700**  
101 6th St., NE and 1616 18th Street, NW

**New Life Wellness Center**

**Martina Washington**  
Colon Hydrotherapist

Colon Hydrotherapy & Aqua Chi Detox System

426 8th Street, SE 2nd Floor  
Washington, DC 20003  
202.544.9595 Ph 202.544.1357 Fx  
E-mail: carmelvoice@aol.com  
www.newlifewellnesscenter.com



**Food Coach Uses Alkaline Water to Change Lives!**

Do you or someone you know have:  
**Acid Reflux, Arthritis, High Blood Pressure, Diabetes, etc!**



By Appointment, For Free

Hexagonal Alkaline Ionized Water • 202-547-4899  
VoyaaAnna@aol.com • www.AlkalineWaterCoach.com

Vera Oye' Yaa-Anna

**Tawann P. Jackson, D.D.S.**  
Family Dentistry



650 Pennsylvania Ave., SE  
202.547.7772

**APRIL RUBIN, MD**

Obstetrics • Gynecology  
Adolescent Gynecology • Infertility  
Menopause Counseling

636 A Street, NE • 202-547-4604  
Blue Cross • Blue Shield Provider

**Ronda Bresnick Hauss**  
Licensed Clinical Social Worker

*Supporting you in having a healthy & productive life.*

Psychotherapy for adults using an integrative & holistic approach: traditional talk therapy, meditation, & creative, non-verbal techniques.

1308 Constitution Ave., N.E.  
202.544.5050  
www.quietwaterscenter.com

**Waterside Fitness & Swim**

**A Holistic Approach to Weight Loss**  
**OUTDOOR POOL NOW OPEN!!!**

**Receive Your First Month Free with Your October 2011 Enrollment.**  
(Enrollment fees apply. Not valid with any other offer.)

- Weight Loss Consultation
- Muscular Strength
- Cardiovascular Training
- Stability & Balance Flexibility
- Nutrition Inner Fitness
- Physical Therapy


**Waterside Fitness & Swim Club**  
901 6TH STREET, SW (NEXT TO ARENA STAGE)  
FREE PARKING! 202.488.3701

on THE Hill

**Sharon L. Bernier**  
PhD, CNS, BC

**Psychotherapy**

236 Massachusetts Ave., NE  
Washington, D.C.  
202-546-5311



and decided to forgo her law career. Instead she trained to teach B.fitBarre with the idea of opening an exercise studio. "I live on the Hill and my social life is here. I love the community and wanted my studio to be here."

Jane also wanted her studio to be fun place to come. "I want people to feel this is a treat." She chose the unusual name "Red Bow" from pure whimsy. "We all remembered my wedding dress as having a red bow on it. Everyone was sure it was there. Then, when I saw the dress again, no red bow!"

The studio, changing room and shower are upstairs. The wood floors are clean and polished. Mats neatly hanging on the wall. Cubby holes painted white are available for students' personal items. The studio is sunny. Small balls and weights are in bins in the corner of the room and of course, barres, familiar to those who have taken ballet classes, line the room.

**B.fitBarre**

No screaming. No jumping. No frenetic movements across the room. No extreme sweating. "B.fitBarre is a vigorous workout, but anyone can do it. We have people take classes who haven't worked out in years. They often see results in two weeks. It's also great for pregnant and post-partum women. It strengthens core muscles to help support the back."

Jane and the other B.fitBarre instructors choose different exercises every class. "We like to confuse the muscles." The lunchtime class I attended was fast-paced, yet easily adaptable for beginners. Another student in class, Gabriela, has been attending classes at Red Bow since May. "I live in the neighborhood, work from home and wanted the structure of classes to get me out of the house." She said

she's not an athlete but had danced a little in college. "I think B.fitBarre is an excellent way to get fit." It's not hard on my knees and ankles, yet it builds my muscle strength." Gabriela goes to class two to three times a week. "I find classes more interesting than jumping around a room. I'm never bored."

What I especially liked was Jane's choice of music which kept the class moving but still allowed me to focus on my form and breath. What really surprised me was how much my sides (external oblique muscles) were sore two days after the class. That feeling made me want to go back to Red Bow.

Fuse Pilates® bears little resemblance to the more structured classical workout. Fuse Pilates®, also a DC-based workout, is choreographed on the spot around three body parts as requested by the students. Fuse Pilates® works abs, arms, legs, back, and gluteus muscles to build long, lean, functional, and flexible bodies. If you are used to doing classical Pilates, then Fuse Pilates will be refreshing. Some moves will be familiar. Jocelyn, our teacher, offered modifications on most exercises.

Classes at Red Bow Studio can be an excellent way to get started if you are new to exercising. They can also jump start a mundane workout.

In addition to B.fitBarre and Fuse Pilates®, Jane holds Red Bow's version of boot camp classes, basic classes and offers private sessions.

For more information, or to see October's class schedule log onto: [www.redbowdc.com](http://www.redbowdc.com) or call 202-758-2910.

*Pattie Cinelli is a fitness specialist who personal trains, teaches Pilates, yoga, core strength and balance. She has been writing her fitness column for more than 12 years. Email her at: [fitness@pattiecinnelli.com](mailto:fitness@pattiecinnelli.com). ★*



**Save \$5**

on your next arrangement or box order.

Offer valid on select products. Cannot be combined with any other offers. Offer code must be used when placing the order. Offer expires 12/31/11 Code: hll1011

Visit one of our area locations today!

600 Penn Ave SE, Washington DC 20003  
**202-544-7273**

1740 Mst NW, Washington DC 20036  
**202-955-5660**

911 N. Quincy St., Arlington VA 22203  
**703-841-0111**

Fruit Experts®  
Since 1999



**Edible**  
ARRANGEMENTS  
EdibleArrangements.com

**So delicious, it's frightening.**

Halloween Celebration® with dipped strawberries. ©2011 Edible Arrangements, LLC. All rights reserved. Available in a variety of sizes. Containers may vary. Franchises available; call 1-888-727-4256 or visit [ediblearrangements.com](http://ediblearrangements.com)

**Physical Therapy in Your Neighborhood**



**Michelle Deslauriers**

PT, DPT, OCS, CSCS | PHYSICAL THERAPIST

- Board-certified orthopedic clinical specialist
- 60 minute one-on-one sessions
- <http://www.michelledpt.com>
- [contact@michelledpt.com](mailto:contact@michelledpt.com)
- 202-681-8096

**Claire P. Cargill, DDS**

Capitol Hill family Dentist

We offer complete Dental Care for adults and children.

Eastern Market Metro Stop  
1009 E Street, SE • Washington, DC

**202-547-2491**

[clairecargilldds@verizon.net](mailto:clairecargilldds@verizon.net)

Free parking • Handicapped Accessible • Major Insurance Plan Accepted

**Allen A. Flood, M.D.**

650 PENNSYLVANIA AVE., S.E., SUITE 420

**(202) 547-9090**

**Board Certified Dermatologist  
Skin Cancer Screening & Treatment**

**NARROW BAND UVB PHOTOTHERAPY**

- Safe effective treatment
- Psoriasis, vitiligo, and several other conditions

**LASER PROCEDURES**

- Hair Removal
- Leg and Face Veins
- Skin Rejuvenation
- Hair Restoration
- Hyperhidrosis
- Hyperpigmentation
- Non-Surgical Face Lifts

**BEAUTY ENHANCEMENT PRODUCTS**

- Stretch Marks
- Dark Spots
- Puffy Eyes
- Wrinkles

THINNING HAIR? – Harmonix Hair Products

*"The Capitol Hill Psychiatrist"*

**Joseph Tarantolo, MD**

BOARD CERTIFIED PSYCHIATRIST  
CERTIFIED GROUP PSYCHOTHERAPIST  
HERBALIST, NUTRITION COUNSELOR

*Specializing in:*

- Individual, Couples, and Group Psychotherapy
- Patients with the Diagnosis of Cancer
- Self Exploration without Psychotropic Drugs:

*"Talk Back to Prozac"*

**202-543-5290**



**Grant Griffith**

**The Grant, Ryall & Andrew  
Real Estate Group**

Direct 202.741.1685  
[ggriffith@cbmove.com](mailto:ggriffith@cbmove.com)

Search for a new home at:  
[cbmove.com/grant.ryall.andrew](http://cbmove.com/grant.ryall.andrew)

