



# SHAPE UP IN STYLE

If you want to really enjoy your gym experience then head to BodyWorksWest for a varied personal programme in super-stylish surroundings. *Oona Hemmi*

Body Workout video, my exercise regime has been on hold for some time now and my Nikes are desperate for some action.

According to BodyWorks' personal trainer Rebecca, variety is the key when it comes to exercising, as a common reason for quitting the gym is often, as with most things, boredom. BodyWorks certainly can't be blamed for lack of choice as the weekly schedule is filled with dozens of classes, from boxing to different types of yoga. For those who have always dreamed of a dancer's slender frame, there's a Posture and Core Conditioning class run by ex-ballerinas, or, if you fancy shedding pounds

while jamming to some samba tunes, a Latino dance workout is worth trying.

In addition to a long list of classes and a superbly equipped gym, BodyWorks has small exercise studios for specialist classes. The Power Plate machine, experimented in the 1960s on Russian cosmonauts returning from space, uses high frequency vibration during the exercise and, after an intense 25-minute session, I understand why Power Plate is the choice of workout for many Hollywood stars. Next, Rebecca takes me to a room with slightly kinky looking machinery with adjustable cables. Kinesis, she explains to me, uses a technique similar to pilates and is great for strengthening your core and your inner abdominals. In other words,

it's one of the most effective ways to target your spare tyre and love handles. As we move upstairs to the main gym, I notice how the staff seem to know most customers by name as they cheerfully greet everyone who passes by.

As I browse the endless selection of high-tech equipment, I can't help wondering how long it's actually been since my last gym session. According to Rebecca, it's important to update your programme frequently to keep you motivated. All BodyWorks members get a tailor-made exercise programme, three complimentary personal training sessions and a monthly consultation with a trainer.

Before hitting the treadmill, you can feed your own programme into the Wellness system that will pre-set your workout for each machine to make sure you won't cheat. When I ask Rebecca about miracle diets, she shakes her head laughing. Instead, her three golden rules for staying in shape include drinking lots of water, choosing a form of exercise you enjoy and working out on a regular basis. And, she tells me, fad diets only do you harm. After my workout, I take a dip in the pool and relax in the Jacuzzi before popping into the sauna. Three hours later, I leave feeling mentally and physically lighter and, unlike many gyms I have visited before, I can't think of an excuse not to call again. *BodyWorksWest at Lambton Place, 11 Lambton Place, W11 2SH (020 7229 2291; lambton.co.uk; enquiries@bodyworkswestlphc.com)*



WELLNESS SYSTEM



Tucked away in a mews in the heart of Notting Hill, BodyWorksWest bears little resemblance to my idea of a typical gym. With red brick walls and spiral stairs, the indoor decor reminds me of a townhouse in New York, the hometown of owner Susie Rogers, who has added a touch of East Coast savoir-faire to the west London gym

THE WEEKLY SCHEDULE IS FILLED WITH DOZENS OF CLASSES, FROM BOXING TO DIFFERENT TYPES OF YOGA

scene by managing to create a truly welcoming setting for staying fit.

I have always had a bit of a dysfunctional relationship with gyms. Once I have joined which, admittedly, I have done several times, I go every day for the first week or two and well, you can guess the rest. Apart from an occasional run-through of Cindy Crawford's *Shape Your*

## STRETCH YOURSELF SLIM

Beautcamp Pilates | Westbourne Studios

Varying strains of pilates spring up faster than you can say "celebrity fitness craze". Added to the mix is the perplexingly titled Beautcamp Pilates at Westbourne Studios, that promises to stretch your body into a taut and toned "Hurley-esque" physique.



A name that alludes to beauty and terror, the Beautcamp method is sadly more of the latter, yet still yields beautiful results. Incorporating what can only be described as a torture rack, the revolutionary technique demands the attention of muscles you didn't even know existed. But remember, no pain equals no gain and these punishing classes will lithe your limbs and get you into celebrity shape in no time at all. With the introduction of men-only classes, there is no excuse not to visit the studios and experience "the next evolution in pilates". *(beautcampilates.co.uk)*

## Exercise with a view

37° Fitness Club | Olympia

We all are guilty of rushing away from an intense workout session red faced, shaking and eager to cool down away from the prying eyes of the beautiful gym-goers. But the rather swanky 37° Fitness Club in Olympia has put the brakes on your swift and sweaty exit with the opening of its brand new roof terrace. Boasting impressive views of the west London skyline, the terrace adds a new and relaxing dimension to your training, making it the perfect place to recoup your energies, allowing you to move calmly on with your day. *(olympia.thirtysvendegrees.co.uk)*



## Workout For One

Avoid the crowds – get fit with a personal pro

Having a personal trainer these days just isn't as exclusive as it used to be. Health and fitness chains all over London are crawling



with barely qualified cowboys who have you thinking that you're receiving customised treatment, when, in fact, you're probably following the exact same circuit as the last five suckers. Where is the personal bit? Where is the exclusivity, the glamour?

Thankfully, where there is a hole in the market, somebody always comes along sooner or later to fill it. With his very own fully-equipped private gym in Kensington, Ricardo Macedo's R-Fitness has put the personal back into personal training. That means one hour of complete dedication to the enhancement of the temple that is you. After one too many beach burgers, heading alone into the gym jungle with all the other slimming hopefuls can be off-putting,

RICARDO MACEDO'S R-FITNESS HAS PUT THE PERSONAL BACK INTO PERSONAL TRAINING

daunting and certainly less than glamorous. In Ricardo's personal state-of-the-art gym, you can get back into shape and feel a million dollars even before you start to shed the pounds. You really don't need anyone else – Macedo designs and develops your fitness programme from scratch, lays out your complementary dietary programme and makes sure you leave feeling rejuvenated with his infamous Thai massage-inspired stretching sessions.

If you want to invest in your health and fitness, put yourself in the right hands before you throw your money away. Ricardo charges a modest £47 a session and puts some serious dedication and effort into ensuring you achieve your goals. Affordable star treatment, away from the mob. We like that. *R-Fitness, 62 Pembroke Road, W8 6NX (020 7371 6165; r-fitness.co.uk)*



MATCHBOX PROMOTION