



TRENDS

HOW TO FUTUREPROOF YOUR WORKOUT

The gym as we know it may be over, but the new wave of classes and personal trainers are more imaginative (and flexible) than ever.

Roisin Kelly has your corona-safe guide to getting fit



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• DIGI-GYMS

Pre-pandemic, the London-based fitness chain **Frame** was gearing up to launch its first regional outposts. Opening plans may be on hold, but luckily the online platform it launched during lockdown will be expanding its offerings to include both live and recorded classes ranging from yoga and Pilates to HIIT. There's also a private Facebook group to keep in touch with your instructor and workout buddies.

From £5 for a drop-in class; moveyourframe.com

Take advantage, too, of the new offerings from the US: celebrity trainer Tracy Anderson (Gwyneth's go-to) has just made her famous dance-cardio sessions available to the masses with TA Online Studio.

From £70 per month; tracyanderson.com

And keep an eye out for the rumoured Apple fitness subscription that may be coming for your iPhone this autumn, according to a report by Bloomberg.

• OPEN-AIR FITNESS

If you haven't loved squatting and star-jumping in your living room, try **F45 Track**. The 45-minute outdoor bootcamp-style sessions from the Aussie fitness brand F45 give you the option to work in a group alfresco.

From £10; for details, see your local F45's Facebook or Instagram;

[f45training.com](https://www.f45training.com)

Meanwhile BXR has been running **BXR Parks**, a tailored version of its boutique boxing classes to suit a socially distanced space in Paddington Street Gardens, London, which the BXR founder, Olia Sardarova, says it hopes to continue throughout autumn.

£20 per class for pay-to-train; [bxrlondon.com](https://www.bxrlondon.com)

David Lloyd Clubs across the country will also take fitness to the great outdoors, with open-air cardio classes and cycling studios so you can safely get your fitness fix. Weather permitting, obviously.

Availability and prices vary depending on location; [davidlloyd.co.uk](https://www.davidlloyd.co.uk)

- **REMOTE PTs**

Do you fast-forward through the tough bits of a video workout? What you need is a personal trainer to supervise — but at a distance. Boutique gym **Six3Nine**'s virtual PT service is available via Skype, Facetime or Whatsapp. The senior trainer Edward Loveday delivered roughly 300 hours of virtual personal training during lockdown and says it has accelerated “the age of the hybrid PT — a combination of in-person, outdoor, home and virtual training”.

From £300 a month; six3nine.com

The monthly fitness-class subscription service **ClassPass** has added sessions with Fyt personal trainers to its offerings. Users can find a trainer on the ClassPass app or website, then use credits to book and receive a personal Zoom link for their session.

Sessions costs 23 credits; from £35 for 25 credits; classpass.com

And for a simple but effective option, the **Auro** app provides on-demand audio personal training tailored to your goals and abilities, at home or outdoors. With qualified trainers including a former Commonwealth Games decathlete, sessions cover everything from strength training and guided runs to yoga and meditation.

From £12 a month; aurofit.co

- **THE INSTA FITNESS STARS TO FOLLOW**



[@trainwithjoan](#)

Think you're too old to be a "fit-fluencer"? The 74-year-old Joan MacDonald has racked up more than 850,000 followers by sharing her fitness journey after deciding to take up exercise rather than increase her medication for high blood pressure.



[@iamchrissyking](#)

The refreshingly candid New York fitness coach Chrissy King helps her followers improve their relationship with their body by sharing her own story from yo-yo dieting to falling in love with strength training.



[@bodbyrodpt](#)

He survived a brain tumour in 2010 and had a hip replacement earlier this year — the unstoppable Rod Buchanan, head of barre at Psyche London, creates some of the most fun and motivational workouts on Instagram. Watch out, Joe Wicks.

- **EMPOWERMENT SPACES**

Britain is finally catching on to one of the biggest trends from America's east coast: "empowerment spaces" (everything that might optimise mental wellbeing in one Goopified place), inspired by cult luxury wellness hubs such as NYC's the Well. In the UK, an emporium dedicated to mental health called **the Soke** will open in Chelsea on September 28. Based in a five-storey townhouse, it will offer services including psychiatry, psychotherapy and counselling, as well as leadership development. "It's crucial to pursue emotional wellbeing with the same consciousness and determination that we dedicate to physical fitness," says the founder Maryam Meddin. There's no membership fee, so you just pay for the sessions you attend.

From £275 for an initial consultation; thesoke.uk

Meanwhile, **House of Wisdom** in central London, which opened last month, is now offering "empowerment" workshops, electronic music meditation, movement and gong baths, all against a backdrop of "emotive" lighting.

From £22 per session for drop-in classes; houseofwisdomstudio.com

If you're after a virtual empowerment space, **Paradym**, an emotional intelligence coaching app that launched during lockdown, claims to help you heighten your self-awareness through a three-week course that features guided content, journalling and daily self-reflections. Throughout this month it is running online coaching workshops with Soho House.

Free for September, then £7 a month; theparadym.com

- **THE BEST NEW AT-HOME KIT**

The Apex bike

This new at-home, state-of-the-art exercise bike was created with cult spin brand Boom Cycle (and is cheaper than that Peloton you had on order). Plus, it comes in a selection of colours to blend in with your interiors.

£1,200, plus £30 monthly class subscription; apexrides.com

The rowing machine

The Echelon Rower is a new “immersive” rowing machine from Echelon Fit, and offers virtual scenic rows from around the world, as well as personalised post-class performance reports. Think Barry’s Bootcamp meets the Henley Regatta.

£1,200; echelonfit.uk

The high-tech skipping rope

The super-swish Tangram SmartRope Pure is like a Strava for skipping. You can sync it with the Smart Gym app to track the number of jumps and the calories burnt, as well as compete with friends.

£60; amazon.co.uk

- THE MIND RETREATS



With far-flung yoga retreats off the cards for a while, the at-home offerings are in full flow.

Soul Adventures

Just imagine how deep you could go with a 40-day Ibizan yoga retreat in your own living room. Soul Adventures is led by kundalini yoga expert Trish Whelan, who claims to “lead you on a journey back to your soul, through daily yoga practices filmed on the magical island of Ibiza”.

£70; souladventures.co.uk

Movement for Modern Life

If you've always hankered after a unruffled yogic sensibility, online yoga platform Movement for Modern Life could help you find your zen. Its latest 30-day virtual retreat, "Off the mat into life", sets out to help people explore how "yogic practices can enhance modern-day life challenges" through talks, yoga classes, discussions and Q&As.

Launches tomorrow; subscription £11 a month; movementformodernlife.com

Escape Haven

A six-week retreat in actual Bali might be an impossible dream right now, but the luxury Balinese resort Escape Haven is offering its remote version called Escape @ Home, which is designed to transform women's health through tuition in nutrition, motivation and sleep, alongside yoga and Pilates classes, all shot in beautiful locations around the Indonesian island.

From September 18; £300; escapehaven.com

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Images: @bodbyrodpt, @trainwithjoan, @iamchrissyking, @movementformodernlife, Soul Adventures, Escape Haven

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