

# FEMINA



FEMINA

2020 VOL I ₹100

A Times of India publication

# BRIDES

ON ANKITA: HAIR: DARRIN; MAKEUP: ANITA; STYLING: ANITA; JEWELRY: ANITA; ON MONISHA: HAIR: DARRIN; MAKEUP: ANITA; STYLING: ANITA; JEWELRY: ANITA; ON USHTA: HAIR: DARRIN; MAKEUP: ANITA; STYLING: ANITA; JEWELRY: ANITA; PHOTOGRAPHY: VINAY JAWAR; ART DIRECTOR: BENDI VISHAN HARE; KIN CHANG; TUMI MAKE UP; ANU MARITA JOSE



PRESENTS  
FEMINA  
*Cover  
Bride*

# MEET THE WINNERS

# *SOME PAIN,* *ALL GAIN*

Here's how you and Mr Right can get in the best shape of your lives before the wedding. By **Jeena J Billimoria**

L

et's assume that you and your betrothed need to shed a few pounds before you're both perched on the mandap and about to seal your fates; pounds you piled on from a recent vacation, from all the parties hosted for you, or even stress eating that was induced by wedding planning. Here's what you need to know: the sooner you two start, the better your results will be as you pose for those photographs when D-Day eventually rolls around. Getting toned takes time and is a process, so take heed. It's also a really cool way for you to bond with each other and having company while you workout is always more fun, so to achieve said gorgeous-ish bodies, we've rounded up some of the most effective fitness hotspots that'll deliver results and keep you going back even after you two are hitched.

## PHYSIQUE 57

The best Barre studio in New York that opened its doors in Mumbai's Four Seasons hotel offers up 57-minute long classes and promises visible results after just eight of them (cool, right?). The classes are based on the philosophy of Interval Overload training which produces maximum results in minimal time—bringing muscles to fatigue and then stretches for relief. While the groom may have already Googled the likeness of Barre to ballet and now refuses to give it a chance, challenge him to take just one class together and see for yourself how quick he changes his mind about it.

**[physique57.com](http://physique57.com)**

**A Physique 57 class in full swing (below), where results are seen after just eight classes**

