

BE FIT AND FABULOUS

This weekend, eat clean, try a new workout and shop for organic goodies

A powerful workout

Founded in 2006 in New York, Physique 57 is all about barre-based exercises — ie, workouts with the use of a barre, a horizontal bar at waist level. The workout has many celebrity takers, including Chrissy Teigen and Reese Witherspoon. At this pop-up session at a Juhu studio, try their signature workouts, which incorporates a mix of cardio, strength training and stretching.

📍 WHERE: The Space, Juhu
🕒 WHEN: Oct 12, 9.30 am, 12.30 pm and 6.30 pm and Oct 13, 10.30 am and 12 pm **🔥 ENTRY:** Rs 2,000
☎ CALL: 62668757

