

MumbaiMirror

Workout like a beast

Founded in 2006 in New York, Physique 57 is all about barre-based exercises — ie, workouts with the use of barre, a horizontal bar at waist level. The workout has many celebrity takers, including Chrissy Teigen and Reese Witherspoon. However, these classes have been tweaked to be more apartment-friendly as they are virtual sessions. Still, keep a towel handy, as this is going to be one sweaty session.

Daily, 8 am and 4.30 pm. The sessions will take place on Zoom. Rs 750 per class and Rs 3,000 for unlimited classes for two weeks. Visit: www.bookmyshow.com

