

WIN!
An Android
tablet

THE BEST-SELLING ENTERTAINMENT MAGAZINE

WHAT'S ON

DUBAI

Issue 430

Plus
HOW TO MAKE
PERFECT
SCRAMBLED EGGS

35



BRILLIANT BREAKFASTS

★ WAFFLES ★ FULL ENGLISH ★ PANCAKES

Dubai's best coffee ★ *Healthy juices* ★

ALSO INSIDE

FEEL THE LOVE

Dinner deals for Valentine's Day

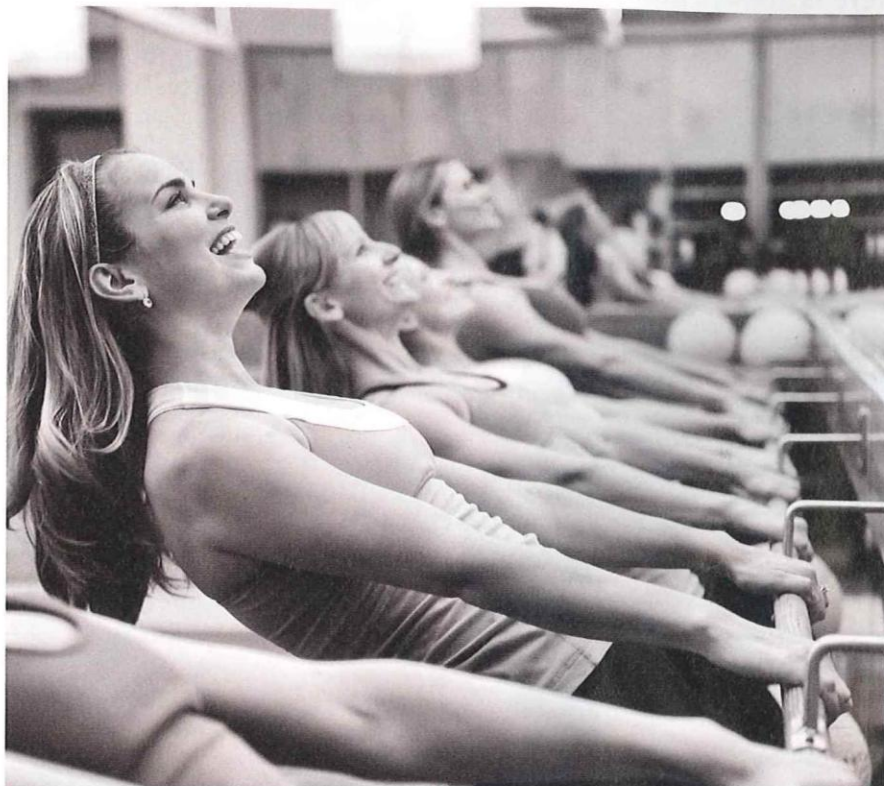
MUSIC

Jazz Festival, Rolling Stones, Eric Clapton

UAE DHS10 OMAN RO1.000



6 291100 742011
February 2014 Issue 430



Emirates, are now held in a dedicated studio at Citywalk in Jumeirah. Its fast-paced mixture of cardio, strength training, stretching and recovery promises to strengthen and sculpt your muscles to create a long and lean physique. If the super-toned instructors are any indication, this is one fitness craze that delivers the goods.

🏠 Citywalk, Jumeirah, Dubai, Dhs125.
Tel: (04) 3448757. Taxi: Citywalk, next to Emirates NBD Bank. physique57.com

Physique 57

The US fitness craze causing a stir in Dubai

If your idea of barre-based exercise involves some wafting of arms and maybe a few gentle plies, Physique 57 is here to prove you wrong.

What's On tried a class and our illusions were shattered as soon as instructor Neva – later seen effortlessly dropping into splits during stretches – began firing directions over the mike. This is a

relentless, high-intensity workout that will have your muscles burning during the warm-up and screaming for relief by the end.

Already firmly established in Manhattan and Beverley Hills, Physique 57 has now opened a permanent home in Dubai. Classes, which were previously taking place at Ductac in Mall Of The

THREE THINGS YOU NEED TO KNOW ABOUT PHYSIQUE 57

1. New Yorker Jennifer Vaughan Maanavi left a big job on Wall Street to launch the business.
2. The ballet barre-based workout lasts – you guessed it – 57 minutes.
3. Supermodel Karolina Kurkova and *New Girl* star Zooey Deschanel are fans.

POWER WALKING GYM CLASSES LAUNCH IN TECOM

Sign up for Total Elliptic's new weight management programme for a total body workout. Pound your legs and arms simultaneously by using the elliptic machines at this Tecom gym. The programme incorporates

fitness assessments and body composition analysis devised by medical professionals. Group elliptic classes using indoor walking machines focus on stamina, strength, aerobic fitness, lower and upper body tone. A weight-loss support



group will encourage members to motivate one another and exchange exercise and nutrition tips.

🏠 Floor 8, Yassat Gloria Hotel, Tecom, Dubai, Sun to Thur 8am to 1pm, 5pm to 9pm, Dhs500. Tel: (04) 3818931. Metro: Dubai Internet City. totalellyptic.com