

## RIDE

1Rebel,  
St Mary Axe

## BEST FOR BEING SOCIABLE

Winner **Core Collective, W8**

Classes here ROCK: Sculpt will give you the legs of a ballerina; Velocity raises your heart rate (as do the trainers, *see right*); and Accelerate (spinning) with head trainer James Pisano attracts girls far and wide. Throw in a super-healthy kitchen (brunch is a highlight), Lobo, a fluffy Akita who lolls by the sofas, and Bamford-stocked showers, and you can see why we sign up month after month. *Classes, from £28 (core-collective.co.uk).*

I'll make you  
feel good

## Highly commended

**1Rebel, EC3 & EC2**

A sloppy T-shirt has yet to be seen at 1Rebel: this place is a fashion sweat-fest. Here, you can box till you drop, run further than you thought humanly possible and spin to live music – and you can also pick up a date. Seriously: you can even scope out the talent on their live periscope feed. *Classes, from £20 (1rebel.co.uk).*

## BEST FOR FEELING MOTIVATED

## WINNER FORM, W11 &amp; W1

Founder Elissa El Hadj is girl power personified: a non-stop cheerleader who doles out encouragement without pausing for breath. Her Met Core class (on what looks like a foam roller with cables) is a core-stabilising, oblique-crunching, anti-ageing (yes!) workout – but if that's not an incentive, they've sprung up at the Detox Kitchen Studio. And we're anyone's for a beetroot brownie. *Class, £29 (formstudios.co.uk).*



## BEST FOR BEING HARDCORE

Winner **GymClass, W11**

Where super-fit girls (and boys) come to get fitter. Classes might be tough (pull-ups at the bar, running round the block carrying a weight over your head), but they're also crazily energising, with an infectious sense of fun. In fact, it's probably the most fun class in London. *Classes, from £29 (gym-class.co.uk).*

Highly commended **Six3Nine, WC2**

Ladies that Lift, they're calling it, and it's a clever concept. The girls-only class is for women who want to lift a weight (or several), which sounds straightforward – but wait. How you walk is crucial, as is pinpointing which muscles fire up when you hoist the barbell, and which don't – it helps the trainers to suggest tweaks and postural changes. It's not about turning you into an ox or bulking you up; it's about improving your power, control and overall ability. It works. *Four sessions per month, £99 (six3nine.com).*

HOTTEST  
TRAINERS

**Shona** at Soho House  
looks strong, not hungry  
– AND has a sense of  
humour. Which is rare.



**Luke** at GymClass.  
He had us at beard.



**Max** at Core Collective.  
That smile... oof.



**Nathalie** at Bodyism  
has a post-baby bod  
that you might kill for.



**George** at Twenty Two  
Training turns us into  
a sillier, gigglier version  
of ourselves.



**Ollie** at Psyche.  
We're always front row.  
Not always spinning...