

# Celebrity Workout: Group Classes That'll Have You Sweating With Obsession



By

[Katie Sotack](#)

Picture yourself slick with sweat, surrounded by your fitness family, working toward the hot summer body you've always wanted. These are the reasons [celebrities](#) crave group fitness classes. Participants are quick to become a family, pushing each other past their mental blocks and onto new physical planes. Plus classes are designed by professionals so you know your body is getting the best workout to target fat and build muscle. Next time you hit the gym, try out a fitness class for the best [celebrity body](#) workout.

# Get excited to try your hand at the latest [fitness trend](#), group classes. But how do you know which [celebrity workout](#) is right for you?

Celebrities like Nina Dobrev and Ellen Pompeo are obsessed with their fitness classes. Ranging from slow, muscle-building yoga to fast-paced cardio like Zumba, there's a group class for every future workout junkie. Here are the details on who does what and why you should try it:

**1. The model workout:** Ashley Graham, Karlie Kloss, and Hailey Bieber all get themselves into model shape through Dogpound. The workouts are seriously hardcore, think Crossfit levels. Instructors have participants throw hammers and sprint with resistance bands on, plus much more. If you're looking to build muscle, this is the workout to go with. The more muscle you have, the more fat you burn. So if you're looking to slim down, this workout could still benefit you.

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**2. Tracey Anderson Method:** These classes are accessible anywhere, whether in person or on DVD. As long as you have an area to get physical you can get fit with Tracey. The workout consists of targeting small muscle groups to tone your overall body. Lena Dunham even credited the program for helping to ease her infamous anxiety. Other celebrity goers are Tracee Ellis Ross and [Victoria Beckham](#) (talking about a new way to bend it like Beckham here).

**3. Soulcycle:** This workout has reached pop culture fame through sweat-drenched cycling workouts and the hoard of celebrities who attend them. [Kelly Ripa](#), [Lea Michele](#), Michelle Obama, and many more make their way to Soulcycle very week. With 70 locations across the United States, it's as easy said

as done. Plus, you can totally pretend you're [Ariana Grande](#) in the Side to Side music video while riding the bikes.

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**4. Body by Simone:** Dance your way to having [Chrissy Tiegen](#)'s tush and [Taylor Swift](#)'s mid-drift with this program. Designed by a classically trained ballet dancer, Simone offers a variety of workouts from fat-busting dance cardio to full-body tone up routines. The studios are only in NYC and LA but fear not, there's an eight-week transformation program available to stream.

**5. Gotham Gym:** Based in New York City, trainer Rob Piela opened a gym dedicated to boxing fitness. Classes are forty-five minutes, with arm toning jabs, uppercuts, and cross punches. Add in jump roping for cardio and you'll be slimming down while toning up in no time. [Kendall Jenner](#) and Bella Hadid swear by this workout craze. Plus your confidence will soar knowing you can kick anyone's butt in a boxing match.

**Do you think you'll try group fitness classes? Let us know in the comments below!**

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**Celebrity Wedding: Karlie Kloss & Joshua Kushner Celebrate Marriage with Star-Studded Party**



By

[Emily Green](#)

In the latest [celebrity news](#), [celebrity couple](#) Karlie Kloss and Joshua Kushner had a second [celebrity wedding](#) celebration this weekend in Wyoming, eight months after they officially tied the knot in upstate New York, according to *EOnline.com*. Numerous celebrities were in attendance, in addition to the couple's friends and family.

**This celebrity wedding happened months ago, but that's not stopping Karlie and Joshua from celebrating with friends now! What are some benefits to a party well after your**

# wedding ceremony?

## **Cupid's Advice:**

Marrying your significant other is not only a big step in your relationship, but it is a big change in your life that you should celebrate, no matter what! Whether you celebrate right after or you wait a few months, the excitement is still there and as prevalent as ever! Here are some of Cupid's benefits to party after your wedding ceremony has happened:

**1. You can focus completely on celebrating:** Maybe work became crazy neither of you could afford to focus on planning a big wedding event. Since those long work hours are now over, you can dedicate more time to make sure your big day is the best day you and your partner will ever have.

**Related Link:** [Celebrity Couple Nick Jonas & Priyanka Chopra Return to Oscars Party Where They Met](#)

**2. People will make time in their calendar to come:** If you plan your party well enough in advance, most people will make sure to mark off that date in their calendar to celebrate your big day, even if it is a few months away.

**Related Link:** [Celebrity Wedding: Celebrity Guests Party at 'DWTS' Pros Val Chmerkovskiy & Jenna Johnson's Wedding](#)

**3. Newlywed Bliss sticks around longer:** All newlyweds love the feeling of finally being able to say your partner is yours. You can hold onto this newly wedded bliss if you prolong your official celebration! Soak up every ounce possible because you deserve every bit of it!

**What are some other benefits to having a party well after your original wedding celebration? Let us know in the comments below!**

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# Celebrity Wedding: Karlie Kloss Marries Joshua Kushner Three Months After Engagement



By

[Ivana Jarmon](#)

Wedding bells are ringing for supermodel Karlie Kloss! In [celebrity news](#), Kloss tied the knot to her businessman boyfriend Jared Kushner. According to sources, the [celebrity couple](#) tied the knot in an intimate Jewish ceremony held in upstate New York. Kloss confirmed her engagement via Instagram, saying, "I love you more than I have words to express. Josh, you're my best friend and my soulmate. I can't wait for forever together." The couple got engaged three

months ago, and the proposal came during a trip to upstate New York, *EOnline.com* reports.

## **This celebrity wedding must not have taken long to plan! What are some benefits of a quick engagement??**

### **Cupid's Advice:**

Long engagements are the norm when it comes to getting married, but short engagements are the new trend. Cupid has some benefits of a quick engagement:

**1. You get married sooner:** By having a short engagement you get to marry the person you love faster. If you truly love your partner, what's the point of delaying something truly beautiful?

**Related Link:** [Celebrity Couple News: Gwyneth Paltrow Gushes Over Newlywed Like with Brad Falchuk](#)

**2. Less time to quibble over decision making:** With a short engagement, you are limited, which isn't necessarily a bad thing. What that means is that your options are limited on vendors, dates etc. When you have less options, it makes it easier to make a decision. It also means less time to battle over every pro and con on your wedding.

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**3. Back to real life faster:** Adjusting to real life may be smoother with a short engagement. Having a long engagement forces you to stay in the same position with your partner for another year instead of taking the next step.

What are some benefits of having a quick engagement? Share your thoughts below.

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## Celebrity Workout: Take a Swing with Boxing



By [Hal](#)

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Ever feel like your workout routine has got you in a rut? It sounds like you need to try out something new. Luckily, we've got the perfect fitness trend for you: boxing. Boxing is a great workout that so many celebrities love, such as [Kim Kardashian](#), Adriana Lima, Karlie Kloss and [Kendall Jenner](#). Boxing is the perfect [celebrity workout](#) to let out your anger

and get a great workout in. Read our [fitness advice](#) on why you need to head straight to the gym and sign up for a boxing class right now.

## Check out our fitness advice and see why boxing is the perfect new workout for you!

**1. Burn a ton of calories:** One reason why boxing is a great workout is that it burns a huge number of calories. Boxing increases your heart rate and engages multiple muscle groups to burn anywhere from 700 to 1500 calories per hour.

**2. Total body workout:** Another reason why boxing is so great is that it engages your entire body. Punching while boxing engages your upper body, core, hips and legs.

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**3. Stress relief:** Boxing can also be an incredible method of stress release. If you're stressed about work, your family or anything else, you can take out your frustration on a punching bag. Boxing is a healthy outlet for getting through your aggravation.

**4. Incorporates high intensity interval training:** HIIT is fat-burning method that spikes your heart rate, followed by a period of short rest, then intense working out again. Boxing totally incorporates HIIT and helps your burn fat way more than a regular cardio workout would.

**Related Link:** [Fitness Trend: High Intensity Interval Training \(HIIT\)](#)

**5. Gives your brain a workout:** Boxing isn't just a physical workout, but also tests your brain! When you box, you have to focus on using proper technique and following your

combinations. Boxing requires both mental and physical exercise and helps you build way more skill than a regular workout.

Have any more reasons why boxing is such a great workout? Comment below!

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## Celebrity Fitness: 5 Basic Yoga Poses by Celebrities



By [Mar](#)

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Many celebrities enjoy staying in shape and becoming relaxed through yoga. Yoga is one of the many ways you can improve your flexibility and posture. For those who are beginners and

need guidance, here are a few poses you can try.

## Check out how to stay on top of your [fitness](#) goals with these yoga poses that celebrities have tried!

**1. Karlie Kloss's Lotus Pose:** Taylor Swift's Bestie and supermodel Karlie Kloss shows off her peaceful pose at the beach. To perform this pose, sit down bend your right knee and left knee out so your legs can cross. Press your hands in front of you and raise them above your head to form a triangle. The benefits of this pose can help improve breathing and can help reduce stress. This is the easiest variation of the pose.



Photo:  
karliekloss/Instagram

**Related Link:** [Rachel Brathen Shares Love Advice in New Book 'Yoga Girl': "Each Moment is New and So Full of Potential!"](#)

**2. Gisele Bündchen's Downward-Facing Dog Pose:** When this supermodel isn't cheering on her husband Tom Brady or modeling, she seems to enjoy practicing her yoga poses with her children. Gisele Bündchen proves to us that her and her

child can do the Downward-Facing Dog. For this pose, you will need to place your hands wide on the ground and almost in front of your shoulders. Make sure that when you bend down that your knees are below your hips and not locked. To achieve good form to not let your head hang by keeping it placed between your upper arms. According to [Yogajournal.com](http://Yogajournal.com), this is great for those who enjoy rock climbing or want to improve their strength.



Photo: gisele/Instagram **Related Link:** [Gaiam Product Review: Learn Yoga and the Art of Self-Love with Rachel Brathen](#)

**3. Eva Longoria's Tree Pose:** This *Desperate Housewives* star is skilled at perfecting the tree pose! Like Eva Longoria, slowly put your weight on your left foot and bend your right knee. For support, gently grab your right ankle with your right hand. Make sure your right foot is placed on your inner left thigh by adjustment of the heel near your left groin muscle. Stretch your tailbone to the ground and press your hands together above your head forming a triangle. This pose will help you achieve excellent posture and balance.



Photo:  
evalongoria/Instagram

**Related Link:** [Actress and Producer Eva Longoria Decides Not To Have Kids](#)

**4. Miranda Kerr's Wheel Pose:** This Victoria Secret angel is extremely flexible! Miranda Kerr is a pro at yoga, but this can be a basic move for those who have the strength to bend backwards and have core balance. To start the wheel pose, lie on your back and set your feet on the ground by bending your knees. Next bend your elbows and open up the palms of your hands next to your head. Lift your body with by pressing your feet in the ground to help guide your tailbone lift your butt up. The muscles in your arms will help you hold this pose while taking deep breaths. Beginners should practice going into a back bend before lifting one leg from the pose. The wheel can stretch your chest and lungs, while also giving helping core areas like the abdomen become stronger.



Photo:  
mirandakerr/Instagram

**Related Link:** [Product Review: Check Out Gaiam's New Athletic Yoga Collection for Men – Just in Time for Valentine's Day!](#)

**5. Miley Cyrus's Tolasana Pose:** We can't stop being amazed by [Miley Cyrus's](#) skill level! This may not be the most basic pose to try, but some may find it to be easy. The first step to the tolasana pose is to put your bend your right knee and place your right hand in the small pocket of where your knee bends. Lean forward and slowly put your right foot at where your left hip curves forward. Make sure your inner groin and inner knee are aligned in a bend that you are comfortable with. Use your left hand to help cross your bent left leg over your bent right leg. Try your best to bring both knees closer together to perfect your form. Take a moment to focus on your breathing. After you feel comfortable, with a deep exhale push down on your hands to help lift off your knees and butt from the ground. Look straight ahead while pushing off and make sure your knees are next to your belly button. Hold the pose as long as you can and take slow breaths. To come down from the pose, slightly lean forward and undo your left foot from your right thigh and your right foot from your left. This pose can help make your abs stronger while also help you focus on your posture.

**Which yoga pose will you try first? Let us know in the comments!**