

# 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 Couple News: The Weeknd Cheers on Girlfriend Bella Hadid at Victoria's Secret Fashion Show**



By [Courtney Shapiro](#)

[Courtney Shapiro](#)

In [celebrity news](#), The Weeknd was standing and cheering front row at the taping of the Victoria's Secret fashion show where his girlfriend Bella Hadid walked for the third time. The singer had previously performed at the fashion show back in 2016. Hadid had walked during this show, but the [celebrity couple](#) was split up at the time. According to *E! Online*, the model told her fans before the show how happy she was to be part of it, sharing, "i'm so grateful to be a part of the show again, feeling happier and healthier than ever." The Weeknd and Hadid are going strong, and continue to support each other.

**In celebrity couple news, The Weeknd is supporting his**

# girlfriend's career by showing up. What are some ways to support your partner's career?

## Cupid's Advice:

How can you support your partner's career? Cupid has some ideas:

**1. Show up to their milestones or big events:** Being present is a big move when supporting your partner. There could be something big happening in your partner's career and it will help strengthen your relationship if you are cheering each other on.

**Related Link:** [Celebrity Couple News: Ryan Gosling Is 'Completely Infatuated' With Wife Eva Mendes](#)

**2. Don't make work a competition:** Be proud of each other in the workplace, and try not let jealousy or pettiness get in the way of your relationship. Be happy for one another and celebrate your successes.

**Related Link:** [Celebrity News: Katy Perry Supports Orlando Bloom Through His Grandma's Illness](#)

**3. Talk about your careers together:** You shouldn't hide anything from your partner. If your career is stressful one day, tell your partner. If it's going well, share the good news. Your partner will be there for the ups and downs going on in the job, and it'll make communication stronger between the two of you.

**How have you supported your partner in their career? Let us know below!**

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# Back Together? Celebrity Exes The Weeknd & Bella Hadid Spotted 'Kissing All Night' at Coachella Party



By

[Jessica Gomez](#)

In [celebrity news](#), [celebrity exes](#) The Weeknd and Bella Hadid were spotted kissing at a party for the 2018 Coachella Valley Music and Arts Festival, according to [EOnline.com](#). "They spent the whole night together and left together. Bella looked really happy," said a source. "They were definitely super affectionate, cuddling each other while hanging out with their

friends.” According to the source, the again-potential [celebrity couple](#) has been talking for months and finally made a romantic public appearance at the popular music festival since their split in 2016, but they are not yet exclusive. The Weeknd has been dating left and right, while Hadid wants to be exclusive. Let’s see what happens with this duo!

## **These celebrity exes might be rekindling their romance. What are some benefits to giving a past relationship a second try?**

### **Cupid’s Advice:**

Some past flames are not worth a second chance, but some relationships do end on a note where time can do the pair well. If this is the case for you, here are some benefits as to why giving it a second go is a good idea:

**1. You already know one another:** Although people sometimes change, you already know things about your partner and the relationship you had. This can give you a sense of comfort and trust. You both hopefully learned the same lesson from the first time as well. It will also be nice to get to know any new sides of them that they developed during your time apart.

**Related Link:** [Celebrity Exes: Robby Hayes Sparks Outrage After Sharing Amanda Stanton’s Private Tweets on Twitter](#)

**2. You know what didn’t work before:** So now you can make it better. You already had your trial and error periods that you can leave behind by taking what you’ve learned into your current and improved relationship. Hopefully this time around can take less work. You will face new problems, just hopefully not the old ones.

**Related Link:** [Celebrity Break-Up: Channing Tatum & Jenna Dewan Silence Rumors About Their Split](#)

**3. You have history:** This creates a real bond. The fact that you both knew each other a while ago and made tons of memories definitely helps with that bond. This can create a stronger sense of intimacy and will help you connect quickly this time around. It is important however to leave past mistakes behind, but never neglect to take them into account when it comes to bettering your relationship – just don't hold grudges.

**What are some ways your rekindled relationship worked the second time around? Share below!**

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# **Celebrity Couple The Weeknd & Bella Hadid Are 'Still Totally in Love'**







By

[Rachel Sparks](#)

Is a reunion of this [celebrity couple](#) on the horizon? We hope so! A source told [UsMagazine.com](#) that [celebrity exes](#) The Weeknd and Bella Hadid “have been talking, texting, and FaceTiming each other pretty consistently” since he and [Selena Gomez](#) broke up. The source continued to say that The Weeknd and Bella Hadid are still in love with each other.

**This recently reunited celebrity couple are finding love once again. What are some benefits to rekindled love?**

### **Cupid’s Advice:**

At some point we all have wanted to get back together with an ex. It’s normal. They know you and what you like and they’re familiar and safe. While getting back together with an ex doesn’t work for everyone, there are times that it can be the exact romance that you want in life. It all depends on your

past with your ex. Was the breakup irreconcilable? You alone know what's best. Cupid has the [relationship advice](#) to help you decide:

**1. You know each other:** The best relationships are the ones where your partner knows you inside and out. They know your buttons and your insecurities, but they love you anyway. They know what makes you happy, how your brain works, your dreams, and how to support you. If your ex was great at all of these things, going back to that relationship can actually be a good thing.

**Related Link:** [Celebrity News: The Weeknd Hangs Out with Justin Bieber's Ex Post-Selena Gomez Split](#)

**2. You're friends:** Romantic relationships work best when there's a solid foundation as friends. Sure, friends becoming romantic partners doesn't always work out, but romantic partners need to be friends through it all. If your friendship never ended with your ex, consider going back. No matter what [dating advice](#) says about dating an ex again, you will know if you're ready for that kind of thing and if it will be good for you both.

**Related Link:** [Celebrity News: Surprise! The Weeknd & Bella Hadid Are Hanging Out Again](#)

**3. A chance at redemption:** We've all messed up at relationships. We've all been too young, too immature, too inexperienced and regretted the outcome. When you go back to an ex, you're still the same people, but a little older and wiser. Sometimes that's all you need to make something a success. When you go back to an ex, make sure it's for the right reasons and that you're fully committed to making it work. Who knows, the person who was once an ex could become the love of your life and your future spouse. Treat them as if they could be.

**Have you gone back to an ex? Share your dating advice below!**

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# Celebrity News: Surprise! The Weeknd & Bella Hadid Are Hanging Out Again



By

[Karley Kemble](#)

[Selena Gomez](#) and [Justin Bieber](#) may not be the only [celebrity exes](#) on the mend! In the latest [celebrity news](#), The Weeknd and Bella Hadid have recently been in contact with one another, reports [EOnline.com](#). The Weeknd was spotted leaving Hadid's New York City apartment on Tuesday. While friends close to the former celebrity couple say the pair are not officially back together, they do admit there might just be some unresolved feelings – the rapper has “been very open about the fact that

he still cares for her deeply.” The Weeknd and Hadid ended their relationship of a year and a half back in 2016.

## **In celebrity news, it seems lots of celebs are getting back with their exes! What are some benefits to getting back together with someone who you’ve dated before?**

### **Cupid’s Advice:**

Dating somebody you’ve dated before isn’t always a bad idea, contrary to what you may have heard. If you are thinking of getting back together with a former fling, here are some advantages to consider:

**1. No awkward small-talk:** Let’s face it – small talk is pointless, but a staple of any new relationship. (Do you *actually* care about the weather?) When you jump back into a relationship with somebody from the past, you’ve already gotten to know them and can skip the boring norms. You can move forward faster and get to the more serious stuff.

**Related Link:** [Celebrity News: The Weeknd Hangs Out with Justin Bieber’s Ex Post-Selena Gomez Split](#)

**2. Sense of familiarity:** To an extent, we all fear the unknown. Dating somebody you’ve dated before eliminates that fear. Your ex accepted you once before, so whether you realize it or not there’s comfort in knowing you were good enough for them in the past.

**Related Link:** [Single Celebrities: Bella Hadid Has Had Enough Of Dating Rumors](#)

**3. Time apart helped you grow:** While you will be familiar with

who they *were* when you dated them before, you could find yourself surprised at how they changed in your time apart. Perhaps you both did a lot of soul searching and have a whole new outlook on life to share with each other. Whatever the case, you won't be bored with the same stories.

What are some other benefits of getting back together with an ex? Let us know below.

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# Single Celebrities: Bella Hadid Has Had Enough Of Dating Rumors



By

[Marissa Donovan](#)

Bella Hadid is tired of all the dating gossip! According to [Papermag.com](#), the supermodel tweeted that she is in a committed relationship with ... herself. Hadid has previously been linked with DJ Daniel Chetrit and Jordan Barrett, but she also claimed that both of the men were just her best friends. After her [celebrity break-up](#) from The Weeknd, many people have been quick to pair her up with her male friends! It looks like his runway star is enjoying walking solo for the time being.

**In [celebrity news](#), this [single celebrity](#) is tired of the rumors about her dating her friends. How can you clear the air of dating rumors about you and your friends?**

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

People may assume your super close friendship is a relationship. Sometimes this happens more than we would like it to! Here are some ways to clear the air of dating rumors:

**1. Post on social media:** Like Bella, let the world know how happy you are being single! All your other friends and rumor starters will see that you are not dating anyone, especially your close friends.

**Related Link:** [Celebrity Exes: Find Out How Bella Hadid Feels About The Weeknd & Selena Gomez's New Romance](#)

**2. Have your friends speak up:** Let your close friends know that the rumors are bothering you. As your friends, they will most likely be fine telling people that you are not a couple.

**Related Link:** [Celebrity Couple Bella Hadid & The Weekend Call](#)

## [It Quits After Almost Two Years](#)

**3. Keep mingling:** If you are seen with different people outside of your close friends, nobody will know who to connect you with. It's best to ignore the rumors by hanging out with your close friends and other people as well. It's good to keep them guessing!

**How would you handle dating rumors while your single? Let us know in the comments!**

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# Fashion: Celebrity Style Shoes for Affordable Prices



By

[Melissa Lee](#)

It seems like celebrities always look amazing head-to-toe, even on the days where they're just running errands and grabbing coffee. If we're being realistic, this is most likely due to the fact that they're rich and able to afford all the best designer pieces – especially shoes! If you're in the market for some celebrity style shoes but aren't ready to drop major cash, Cupid may be able to help you out.

**Not only are these celebrity style pieces completely adorable, but they're also affordable! Check it out!**

**1. Pumas:** Tennis shoes seem to always be in style, and Puma's line of [Match Low sneakers](#) are a celeb favorite. These shoes have been seen on stars like [Reese Witherspoon](#), who was spotted rocking these with a striped tee-shirt dress. The best part? These shoes are only \$65 – a steal for a pair of celeb-approved shoes!

**2. Vans:** Lately, these skater-style sneaks have been all the rage. Vans' notorious [Canvas Old Skool](#) shoes are super in style this season, and have been seen on a ton of celebrities including [Kim Kardashian](#). These trendy shoes are super cheap, coming out to only \$60.

**Related Link:** [Dress for Success in These Fashion Trends Fit for a Celebrity Lifestyle](#)

**3. Hunter rain boots:** This line rain boots are not only super cute, but practical as well! Celebs like Cara Delevigne and Sarah Jessica Parker have been seen rocking these at music festivals. Check out these [rain boots](#) and how stars have been styling the stylish shoes.

**4. Adidas:** Adidas is another line of sneakers that have been



super popular throughout the past few years. [Kendall Jenner](#) and [Taylor Swift](#) are only a fraction of the stars that have shown their appreciation toward the company. With a range of different styles and colors, Adidas sneakers never get old – plus, they're easy to dress up or wear casually!

**Related Link:** [Fashion Advice: 3 Secrets to Finding the Perfect Dress for a Formal Event](#)

**5. Nike:** Nikes are completely timeless and will always be in fashion. Model Bella Hadid proved this when she rocked an adorable pair of [Nike Classic Cortez](#) sneakers, a pair of throwback shoes that look cute with every outfit. These celeb-approved sneakers ring up at \$70.

What are your favorite celebrity style shoes? Share your thoughts below.

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## Celebrity Exes: Find Out How Bella Hadid Feels About The Weeknd & Selena Gomez's New Romance





By

[Cortney Moore](#)

It looks like everything is going well for The Weeknd and [Selena Gomez](#). However, it seems that not everyone is happy about the [celebrity couple](#)'s new romance. According to [EOnline.com](#), Bella Hadid isn't happy about her celebrity ex moving on without her and has even unfollowed Gomez on Instagram in retaliation to the new couple's PDA photos. "She is actually not over The Weeknd. She still loves him," a source shared with *E!*. "It really hurt her seeing Selena be all up on her man. She still feels like they have a connection." Though Hadid and Gomez have been cordial to each other on Instagram, the pair are also not good friends, so Gomez has no issue enjoying her dates with The Weeknd. However, the plot thickens with this love story since another source told *E!* that The Weeknd has always "had a thing for Selena." Only time will tell if Hadid can get over her [celebrity ex](#).

**These celebrity exes probably**

# aren't on the best of terms at the moment. What are some ways to keep things civil when your ex moves on with someone else?

## Cupid's Advice:

Dealing with exes can be tricky. Although you may be angry or hurt about the breakup, there's no need for additional drama. If you've noticed that your ex has moved on with someone else, then let Cupid help you keep things civil between you and your ex with the following tips:

**1. Cut them off:** People struggle with this, but cutting off communication with your ex is the best way to get over them, especially if you notice they've been dating again. Speaking to an ex regularly or stalking their social media accounts are just a way of latching on to the "good old times." Remember that you broke up for a reason, so it's important to not fixate on them. And don't worry about being the "uncool" ex; you don't *have* to be friends with an ex!

**Related Link:** [New Celebrity Couple: Why Selena Gomez & The Weeknd Went Public With Their Relationship So Soon](#)

**2. Get your date on:** If cutting them out of your life isn't an option, another great way to be civil towards your ex is to date other people. Going out and having fun will release endorphins in your body that will help you forget the heartache you experienced during the break-up. However, make sure you're out dating for your own enjoyment, not because you're in competition with your ex and their new partner.

**Related Link:** [Celebrity Couple Bella Hadid & The Weekend Call It Quits After Almost Two Years](#)

**3. Find a focus:** Being single can be also be a good thing. It allows you the freedom of making those big changes in your life. Take on a new hobby, find a job you love, study something that you've always found interesting. Whatever it is you've wanted to do, pursue it and make it a priority. Distracting yourself from the breakup will allow time to heal your heart. And with a healed heart, it'll be much easier to keep things civil with your ex.

**How have you coped with an ex moving on? Share your stories and advice below!**

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## **Celebrity Couple Bella Hadid & The Weekend Call It Quits After Almost Two Years**





By

Kayla Garritano

[Celebrity couple](#) Bella Hadid and The Weekend (ne Abel Tesfaye) have broken up after almost two years of dating, and they have their schedules to blame. “They still have a great deal of love and respect for each other and will remain friends, but it has been too hard to coordinate their schedules with him finishing and promoting his upcoming album,” a source close to The Weekend says. “They really tried to make it work.” According to [UsMagazine.com](#), the now [celebrity exes](#) first met when The Weekend asked Hadid to model for his breakthrough album, *Beauty Behind the Madness*, back in April 2015, and then starred in his music video for “In the Night.” The couple first started dating publicly in May 2015.

**It’s clear this celebrity couple didn’t want their relationship to end. What are some ways to recover after a tough split?**

**Cupid’s Advice:**

When a couple breaks up, it may not always be because they want to, but because they have to. Busy schedules, like what happened with Bella Hadid and The Weekend, may affect your relationship. Cupid wants you to be happy, so here are some ways to feel better:

**1. It's not goodbye, it's "see you later":** Just because you're broken up now does not mean that you won't get back together. If your schedules end up working out in the future, and you still have those feelings for one another, then you can go forward in your relationship. It doesn't mean you should sit around and wait, but once you're both on with your lives, see if you can rekindle that flame.

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**2. Grab your girls:** Through a tough time, your girls are always there for you. They will take you out on a day full of things you love. Maybe a road trip to the beach, or even just a night-in watching a comedy eating pizza. They will put the pep back in your step!

**Related Link:** [Dating Advice: Girl's Night Movie Pick of the Week: "The Single Moms Club"](#)

**3. Cry it out:** It was a tough break-up! You're not over your partner, and that's understandable. You are allowed to cry at how it didn't work out, because you didn't want it to end. Let the emotions flow, and you'll probably end up feeling a little better. Relieve that pain.

**How did you get over a tough break-up? Comment below!**

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# Celebrity News: Yolanda Foster Hangs With Daughters Gigi and Bella Hadid and Their Boyfriends



By

[Katie Gray](#)

This celebrity news is keeping it in the family! Yolanda Foster, star of *The Real Housewives of Beverly Hills*, recently hung out with her daughters Gigi and Bella Hadid, as well as their boyfriends. These [celebrity couples](#) are keeping family time alive. According to [UsMagazine.com](#), they all got together in celebration of Bella's 19th birthday. Gigi is dating Joe Jonas and Bella is dating The Weekend.

# This celebrity news is a family affair! What are some ways to keep your family involved in your relationship?

## Cupid's Advice:

Family is always the most important thing in life. This means that you have to find ways to keep them involved with your relationships. Cupid has some relationship advice:

**1. Bonding time:** Having your relatives get a chance to bond with you and your partner together is a great way for them to be involved in the relationship. They will get the opportunity to really know them, which is important since you really like them. Go to dinner, or check out family-friendly seasonal festivals or activities (i.e. visit a pumpkin patch in the fall).

**Related Link:** [Celebrity News: Rihanna Opens Up About Why She Got Back Together With Chris Brown](#)

**2. Share stories:** When you're dating someone, share stories about the experience with your family members. This makes them feel involved in your relationship, and they are up to date on everything going on.

**Related Link:** [Celebrity Couple Sandra Bullock and Bryan Randall Share Cozy Minute](#)

**3. Family dinners:** What could be better than food and family? A nice way to keep your family involved in your relationship is by having a weekly family dinner that your partner attends as well. It's the perfect way to get to know each other in a relaxed atmosphere with good eats.



**How have you kept your family involved in your relationships?  
Share your stories below!**