

# 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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## Six Celebrity Couples We Never Imagined Together





By

Abbi Comphel and [Whitney Johnson](#)

There are plenty of pairings that just make sense: peanut butter and jelly; flip-flops and the beach; bright red lipstick and that little black dress, to name a few. That's not to say that unexpected matches don't make their mark: bacon and chocolate (seriously); navy and black; cowboy boots in the summertime. This idea holds true for relationships, too. Sometimes, a couple just seems right, and other times, it takes a bit more convincing to understand why they're a good fit.

**If nothing else, the celebrity couples below prove that love can pop up in the most unexpected places and that opposites *do* attract. As for bacon and chocolate, the jury is still out.**

1. Johnny Depp and Amber Heard: In latest [celebrity news](#), this

A-list actor married the *Magic Mike XXL* star in February 2015. The celebrity couple have been together for quite some time now. With a 23-year age difference, the pair have definitely made headlines. Heard doesn't want to be known as Depp's wife. She wants to make a strong name for herself in the acting world. This is one beautiful power couple!

**2. Heidi Klum and Seal:** For Klum, it was love at first sight: she saw Seal in a New York City hotel lobby and knew that he was "the whole package." They were together for quite some time and were madly in love. The celebrity couple sadly did not make it like everyone thought they would, and the relationship ended up [celebrity divorce](#). But they are still very good friends and enjoy raising their four children together.

**Related Link:** [Heidi Klum & Seal Shoot Revealing Music Video](#)

**3. Lady Gaga and Taylor Kinney:** Everyone was shocked when they heard Lady Gaga was dating someone and even more surprised when they found out it was actor Taylor Kinney. The two are talked about in the media because they keep their relationship very private. They have been together for about four years now and seem very happy together. They were first introduced when Gaga was filming her music video for "You and I."

**4. Isla Fisher and Sacha Baron Cohen:** This petite, fiery redhead and tall funnyman wed in a private ceremony in Paris in 2010 after eight years together. The couple are now raising their three children in Los Angeles. Keeping in line with the secrecy of their [celebrity wedding](#), the couple waited quite a while to reveal the names of their celebrity kids: Olive, Elula Lottie Miriam, and Montgomery Moses Brian Baron Cohen.

**5. AnnaLynne McCord and Dominic Purcell:** The *90210* starlet and *Prison Break* actor were first spotted together in June 2011 and the two were very in love. With a 17-year age difference this celebrity relationship had a few struggles. But it seems



the two are back together and still in love. McCord celebrated her 28th birthday this summer and Purcell was there to celebrate.

**Related Link:** [Isla Fisher Vacations with Sacha Baron Cohen, Kids](#)

**6. Ellen Pompeo and Chris Ivery:** Viewers are used to seeing Pompeo, who is best known for playing the title character of Meredith Grey on ABC's medical drama, *Grey's Anatomy*. On the show she was courted by and now married to McDreamy, the lead neurosurgeon at Seattle Grace Hospital played by Patrick Dempsey. However, in the real world, she has found her own McDreamy in record producer Chris Ivery, who she married on November 9, 2007.

**Who are some other unlikely celebrity couples? Share your thoughts below.**