

# 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.

**Related Link:** [Fitness Trend: Hire a Certified Professional](#)

**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.

**Related Link:** [Fitness Trend: Mobile Exercise Apps](#)

**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!**

---

## **Celebrity News: Barack & Michelle Obama Double Date With George & Amal Clooney in Italy**



By

[Katie Sotack](#)

Former President Barack Obama and wife Michelle were seen out with married [celebrity couple](#) George and Amal Clooney. According to *UsMagazine.com* the couples spent the day on Clooney's boat, which seemed to be headed toward the Clooney's villa on the coast of northern Italy. The couples go way back, as George even hosted a \$40,000 plate fundraiser for Barack in 2012.

**In celebrity news, the former President and First Lady went on a double date with actor George Clooney and wife Amal. What are**

# some benefits to double dates?

## Cupid's Advice:

Even presidents and celebrities need double dates to spice things up. Here are the benefits to having couples friends:

**1. They're in the same place:** Most couples face an array of similar problems. "He never picks up his socks." "Same here!" By double dating your problems seem less about your relationship and therefore smaller in your mind. A couple going through the same thing will just get it, in a way your single friends may not.

**Related Link:** [Celebrity News: Tori Spelling Says It's 'Hard to Be Monogamous' Years After Dean McDermott's Affair](#)

**2. It's reinvigorating:** Chances are if you've been together a while, your partner's become somewhat predictable. Shake things up by introducing another couple to the mix. The social interaction will liven your relationship by bringing in topics you've never discussed and new ideas for you to share.

**Related Link:** [Celebrity News: Beyonce Gives Death Stare As Warriors Owner Wife Talks to Jay-Z](#)

**3. It's fun:** Frankly the biggest reason to double date is because it's fun. Forming relationships outside of romance is an important ingredient for a happy life. By double dating you and your partner can have fun and build relationships outside your union together.

**What's your best double date story? Share in the comments below!**

---



# Celebrity Diet: 5 Diet Tips Tried & Tested By Your Favorite Celebs



By

[Melissa Lee](#)

Celebrities constantly look perfectly in shape, but it's no surprise in this day in age – especially because it seems as though every star has their personal nutritionalist and private trainer. If you're looking to get in shape, looking to your favorite celebs might not be the worst idea. Stars are constantly trying out the newest fad diets and exercise classes, so why not try out some of these celeb-approved diet tips?

**If you're frustrated with your current diet, never fear – Cupid has some diet tips that have been tested by your favorite celebs guaranteed to help you during your weight loss journey!**

**1. Bridal-body boot camp:** Pippa Middleton, who is newly married to longtime sweetheart James Matthews, took getting ready for her wedding day very seriously. She trained five days a week, focusing on Pilates and cardio, and even eliminated alcohol from her diet.

**2. Girl squad boot camp:** Former First Lady Michelle Obama recently shared on Instagram that she hosts boot camp weekends for her and her close girlfriends. The girl squad doesn't care about their varying levels of fitness, but rather enjoyed doing the workouts together. Obama revealed that elbow planks, crunches, leg raises, and lunges are only some of the exercises they do together.

**Related Link:** [Celebrity Fitness: Celeb-Approved Ways to Stay Fit in NYC](#)

**3. Box it out:** Hailey Baldwin's body is no joke, and boxing may be the reasoning behind her killer abs! Baldwin shared a video of her intense workout at Rumble Boxing in NYC, where she showed off her moves, including jabs, ducks, crosses, and uppercuts. Boxing is a high-intensity workout that's guaranteed to leave you sore the next day, but also help build up your strength – sign us up!

**4. Healthy lifestyle, healthy mind:** Ayesha Curry, wife to basketball star Steph Curry, went into detail about her weight

loss journey and how she was able to lose 20 pounds without going on a diet. She revealed that she is not one to completely alter her lifestyle, but rather indulge in moderation – something her nutritionalist advised her to do. “I think the key to a happy, healthy lifestyle is being happy and healthy in your mind.” Despite this, Curry *did* workout like crazy and is a huge SoulCycle fan.

**Related Link:** [Fitness Trend: 5 Reasons Women Should Lift Weights](#)

**5. Vary your workouts:** Shakira is practically known for her amazing hips, and she shared her secret to staying fit even when you have a thousand things going on – varying your workouts! Shakira tries her best to stay active as frequently as possible, but she doesn’t do the same workouts all the time. By switching it up, she’s using different parts of her body and slowly toning them, enabling her to have a killer body.

**What are your favorite diet tips? Share your thoughts below.**

---

## **Celebrity News: President Obama Says He’s ‘Pretty Relaxed’ About His Daughters Dating**







By

Kayla Garritano

No worries! President Barak Obama revealed that his daughters, Malia and Sasha, have been ditching family dinners to go on dates, and he isn't too worried about it. According to [UsMagazine.com](http://UsMagazine.com), the President said the [celebrity news](#) in an interview with North Carolina's WDCG radio station on Friday, November 4. "The truth is, I'm pretty relaxed about it for two reasons. One is [my wife] Michelle – she's such a great example of how she carries herself, her self-esteem, not depending on boys to validate how you look or not letting yourself be judged by anything other than your character and intelligence. Hopefully, I've been a good example in terms of how I show respect to my wife." The second reason? "They have Secret Service," he joked. "There's only so much these guys can do."

**This celebrity news has us surprised. What are some ways to**

# get into the dating scene for the first time?

## Cupid's Advice:

Dating can be scary, especially if you haven't been in the dating scene before. There's a bunch of questions that run through your mind. One of those includes, "What do my parents think?" Don't worry; Cupid is here with some [dating advice](#):

**1. Double dates:** If you're super nervous for your first date, bring a friend or two. Maybe they can take someone so it looks as if you're on a double date. Double dating will take the pressure off, and your friend may be able to save you from any failed conversation!

**Related Link:** [5 Ways to Have a Stress-Free First Date](#)

**2. Take your time:** Whatever you do, try not to spill your life out on the first date; you don't want to scare your date away! Just focus on similar hobbies and interests. If it all goes well, and you feel a connection, then you can begin to open up.

**Related Link:** [First Date Outfit Ideas: Dinner and Drinks](#)

**3. It's okay to be nervous:** Going on dates for the first time is super nerve-wracking. For some people, it never gets easy, and that's okay. Being nervous means you're excited. So many things can be running through your head, but it's normal to feel this way. It's just a date, so take some deep breaths!

**How did you get into the dating scene? Comment below!**

---

# 20 Fashionable Celebrity Moms





Gwen Stefani

The No Doubt front woman and L.A.M.B. fashion designer has a unique sense of style, one that she's passed down to her three celebrity babies. Photo: Gucci/FAMEFLYNET PICTURES

---

## Celebrity Photo Gallery: Romantic Getaways







Page 1 of 20



Adam Shulman and Anne Hathaway

This famous couple enjoyed a nice summer getaway in sunny Spain! The pair spent time on a yacht, soaking up the sun and playing in the water together. Photo: LRR/FAMEFLYNET PICTURES



---

# 5 Most Fashion Conscious Celebrity Couples



By

Molly Jacob

While we expect our favorite [famous couples](#) to be fashionable (with a personal stylist, who wouldn't be?), some celebs just hit the mark. From clothing collections to trend-setting choices, these celebrity couples work it in the field of fashion.

## See which celebrity couples Cupid

# has picked out as the most fashion conscious!

## 1. [David Beckham](#) and [Victoria Beckham](#):

While Beckham may have been a pop queen as Posh Spice in the '90s, these days she's fashion royalty. She has walked the runway for many high-end fashion labels and was a British ambassador for Dolce and Gabbana. The celeb even has her own label, which resulted in her winning Designer Brand of the Year at the British Fashion Awards. Her soccer star hubby David is fashionable as well, with his own menswear line at H&M.

## 2. [Kim Kardashian](#) and [Kanye West](#):

Kimye is an famous couple for many things, including their killer style. Both superstar celebs have their own clothing collections and constantly make the cover of fashion magazines. Kardashian's style goes for the shock value; an example of this would be her infamous latex dress. As for West, his fashion collaboration with Adidas premiered at last fall's New York Fashion Week and captivated audiences.

**Related Link:** [Kim Kardashian Takes Fashion Advice from Husband Kanye West](#)

## 3. **Matthew Broderick and Sarah Jessica Parker:**

Expect this celebrity couple to always be striking on the red carpet. Parker's character on "Sex and the City" may have had a love affair with shoes, but SJP doesn't discriminate. She's designed shoes with Manolo Blahnik himself, and revealed her clothing collection with George Malkemus and Nordstrom in 2014. And don't count out Broderick, with his classic suits and trademark black-rimmed glasses.

## 4. **Barack and Michelle Obama:**

The most powerful couple in the country doesn't let us down with their fashion sense! The First Lady always looks

flawless, whether she's at a White House dinner or promoting her healthy eating programs. Her outfits are more than just "pretty," too. She wore a dress from a Japanese label that is now run by American designers when she visited Japan to discuss her education program, Let Girls Learn, which showed a perfect connection between the two countries with just her outfit. As for the President, he's become a fashion icon as well – he partly inspired a Versace runway collection in Milan!

**Related Link:** [President Obama Rocks Michelle's Bangs at Correspondents' Dinner](#)

#### **5. Prince William and [Kate Middleton](#):**

Although she has only been in the public spotlight for a few years, Kate Middleton is already one of the royal family's biggest style icons ever. Not only are her stunning looks easy on the eyes, they're good for her country, too. Her fashion influence has boosted the British economy by \$1 billion as adoring Brits try to recreate her looks. Since their marriage, Prince William has been stepping up his fashion game, too. Count on him to always be dressed in a classic and simple suit, a nice complement to the Duchess' vibrant and bold style.

**What fashionable celebrity couples did we miss? Comment below!**

---

## **10 Pieces of Love Advice Learned From Famous Hollywood**

# Couples







Jessica Simpson and Eric Johnson

Love Lesson 1: Don't be afraid to be yourself.

The fashion designer is happy and comfortable in her celebrity relationship, and she's not afraid to tell the world! On her Instagram account, she often posts silly or romantic pictures of her and her hubby. Letting loose with your significant other can strengthen the love between the two of you. Photo: DMac/Flynetpictures.com

---

**President Obama Rocks  
Michelle's Bangs at  
Correspondents' Dinner**





By Jes

sica Conigliaro

This past Saturday, President Barack Obama kicked off his hilarious White House Correspondents' Dinner speech at the Washington Hilton in Washington, D.C. According to [UsMagazine.com](http://UsMagazine.com), the president stated he wanted to keep things lively and energetic for his second term. He then launched a slideshow of funny Photoshopped images of himself sporting his wife's famous new bangs. "I think this looked pretty good, but no bounce," he said.

**What are some ways to support your partner's style choices?**

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

Your boyfriend has a very distinctive style and is proud of it. You want to show him how much you love his unique taste in clothing. Cupid is here to show you how:

**1. Embrace their style:** Your boyfriend has always loved

wearing denim jackets and tight jeans. Now that he is working a lot, that style isn't exactly an option anymore. Encourage your man to wear the clothes he likes on the weekends. This way, he doesn't feel like he had to give up his own style for his job.

**2. Compliment them:** After your partner gets a new haircut, he is unsure if he likes the way it looks or not. Let him know your opinion. If you like the way it came out, reassure him of that. Your love will value your opinion over everybody else's.

**3. Tell your friends:** You're out with some friends and your partner is wearing a new outfit that you just love. Rave to your friends about it—your man will love hearing you compliment him to your friends. By doing so, you are letting him know how attracted you are to him—which will make him feel even more loved.

**How do you support your partner's style choices? Share below.**

---

## President Obama and Michelle Obama Embrace with News of Re-Election





By Jen

nifer Ross

It's official! President Obama and his family will not need to move out of the White House. On Tuesday night, after Americans ran to the polls to vote, news reports confirmed the President, 51, as the winner after gaining the electoral vote of Ohio. By Wednesday morning, the official tally was in – President Obama with 303 and Republican nominee Mitt Romney with 206. Soon after winning Ohio, the President tweeted to celebrate, including a photograph of him hugging First Lady. When giving thanks for support, the president tweeted, “We’re all in this together. That’s how we campaigned, and that’s who we are. Thank you. -bo.”

**How do you congratulate your partner after an accomplishment?**

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

All successes, big and little, should be celebrated, especially when it involves someone you love. Whether your partner has received a hard-earned promotion, lost weight, graduated or published a book, this is the time to do something special and show that you care. Need a little help?

Check out these ideas:

**1. Party time:** A party is a great way to celebrate your mate's success. Gather all the loved ones and friends together. Decorate the place up nice and include your partner's favorite foods. Don't forget to write a wonderful speech, showing how proud you are for their success and how much you care.

**2. A token:** When there isn't time for a party, a little token of appreciation can be given to your mate. You can give a personalized briefcase or pen for a job promotion or take them shopping for new clothes due to weight loss. Whatever the occasion is, there's always an appropriate item to give.

**3. Announcement:** If you are so proud that you want the world to know, why not announce your loved one's success to everyone. You can rent a billboard in your area, have a radio DJ broadcast it in the morning or light up the great news on a teleprompter at a sport's area. Make sure your partner receives the message loud and clear – you are proud of him/her.

**How did you congratulate your partner after an accomplishment?  
Tell us below.**