

# Trending fitness classes

Whether you're a workout newbie or a seasoned gym buff, refresh your fitness regimen with these trending workouts. *Words: Anna Paul*



THE HOTTEST NEW CLASSES/BARRE SERIES

**LAGREE**  
The sister of Reformer Pilates, Lagree is a low-impact, high-intensity workout, which reportedly counts Jennifer Aniston and Meghan Markle as fans. Taught on a Megaformer, a machine similar to the Reformer, it promises to work muscles you didn't know you had using spring-based resistance. The first studio opened at MAD Mayfair in 2023, and more and more studios are now popping up across the UK. Prices vary. [lagreefitness.com](http://lagreefitness.com)

**HYROX**  
Now in more than 30 countries and 85 cities worldwide, HYROX is taking the fitness world by storm — in fact, more than 650,000 participants will compete in its fitness race this season. While the race brands itself as a “fitness competition for every body”, it's not for the faint of heart, comprising of eight 1km runs, interspersed with eight different functional workout stations, repeated eight times. Participants can compete in pairs, quartets or on their own, and anyone can enter, regardless of their fitness level. Gyms across the country, including Pure Gym and Third Space, now offer dedicated training classes, but you can train for the race wherever you like. Entry costs vary. [hyrox.com](http://hyrox.com)

**MAT PILATES**  
While mat Pilates has been around for a long time, interest in it has skyrocketed recently as people seek a back-to-basics approach to their fitness. Based on the original method created by Joseph Pilates, mat Pilates requires little to no additional equipment and is performed lying on a mat, relying on your body weight as resistance for strength training making it more accessible. Effective, uncomplicated and inexpensive, it's easy to see why the long-standing favourite workout class is back in vogue. Get started at home or your local gym. [classpass.com](http://classpass.com)

**BARRY'S**  
You probably already know the Barry's franchise and its famous “Red Rooms”, which host high-intensity interval training (HIIT), combining treadmills with weight and resistance exercises. This month, the brand is tapping into the competitive event trend with All Stars, which challenges fitness enthusiasts to complete a set number of classes in 30 days as part of a two- or four-person group in pursuit of winning an array of prizes. If you don't have anyone to compete with, Barry's offers a matchmaking service to help you find a group. It runs from 4 April to 3 May, and teams have until 21 April to register. Prices start from £26 per class. [barrys.com](http://barrys.com)

**HOTPOD YOGA**  
With more than 60 studios across the UK, Hotpod Yoga's popularity continues to grow. Welcoming people of all levels, classes take place in warm inflatable pods, filled with tranquil music, calming scents, gentle beats and glowing lights. An immersive experience that benefits both mind and body, even the Beckhams are devotees. Each pod is heated to 37C, infused with aromas of orange, lavender and lime and you can choose from a range of classes for every experience level, with “a flow for every feeling”. Prices start from £14 per class. [hotpodyoga.com](http://hotpodyoga.com)

ADVERTISEMENT FEATURE

# Discover why people are flocking to Kuwa Pilates: the ultimate fitness secret

*Think Pilates is just for women? Think again*

An increasing number of men, including top-tier athletes, are turning to Reformer Pilates, and seeing game-changing results. At Kuwa Pilates, located in the heart of Leeds, the team are redefining what strength and conditioning mean for everyone.

An increasing number of people are discovering that Pilates is more than a workout; it's a game-changer that targets your muscles like

nothing else. The controlled, precise movements in Reformer Pilates challenge your strength, flexibility and endurance. Many clients, seasoned gym-goers and professional athletes alike, have found that Pilates hits different, especially when it comes to core strength. Craig, a regular at the studio, says it best: “It's given me a new lease of life.”

One of the reasons why Pilates is gaining popularity is its low-impact

nature, which means it's easy on the joints, but tough on the muscles. It's the secret weapon for boosting performance in other sports, from football and rugby to cycling and running. The focus on core stability and flexibility translates into better posture, increased power and reduced injury risk. That's why so many athletes who walk through Kuwa's doors keep coming back.

Kuwa Pilates takes pride in offering a unique experience that goes beyond just fitness. The studio blends classical and contemporary Pilates, ensuring a dynamic and engaging approach that's suitable for all levels. Kuwa's expert instructors focus on precision, technique and personal attention, helping clients unlock their full potential. The welcoming, community-driven environment makes Kuwa a space where everyone, regardless of background or experience, feels empowered and supported.

But it's not just about the physical benefits. The mindful nature of Pilates provides a much-needed escape from daily stress. Many of Kuwa's clients have found it offers a place to switch off, reset and find a



sense of belonging. Regular practice has been shown to improve mental clarity, enhance focus and promote overall wellbeing, making it an essential part of a balanced lifestyle. Additionally, Pilates is a powerful tool for injury prevention and rehabilitation, helping individuals recover from strains and imbalances while building long-term resilience.

Ready to experience it for yourself? Join the movement and see why more people are turning to Pilates. Kuwa promises — it'll be the most

humbling and rewarding workout you've ever tried.

Find out more

Visit: [kuwa.co.uk](http://kuwa.co.uk)  
T: 07584 913622

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