

## 'MY LIFE IN A DAY'

# Frankie Taylor

We talk to the founder of dance company and online workout platform, Everybody Glows, about her love for all things retro

Words: Jo Ebsworth

### Work

**'I started dancing at six years old when my mum took me along to her jazz classes at Pineapple Dance Studios.** Everyone was wearing legwarmers and leotards, and I was blown away by this colourful new world. I continued dance lessons outside of primary and secondary school and, at the weekends, my mum and I would watch all the retro dance movies together, like *Flashdance*, *Fame* and *Footloose*. I fell totally in love with the energy and vibe of the 80s dance scene.'

**'After graduating from university and working in the charity sector for four years, I realised I wanted to fuse my love for retro dance with fitness, so I got my Exercise To Music qualification in 2013.** Under the name of "Frankie Friday", I taught at various studios including Frame and Gymbox, always playing my throwback 70s, 80s and 90s music and building up a good following. But I wanted to create and grow my own brand where other instructors could teach my workouts, so at the end of 2017, my dance events company Everybody Glows was born.'

**'Everybody Glows is all about being non-competitive, inclusive and having fun.** Before lockdown,

we ran pop-up classes, workshops and corporate parties, even securing a six-month brand partnership with Secret Cinema where we performed interactive jazzercise during its *Stranger Things* shows. But when that run finished in March, lockdown happened. After a few months of doing live IG classes from my living room, I did a survey with my members and the results showed many of them were scared to return to gyms, or they were enjoying the accessibility of home exercise. So I took the plunge and bought a shipping container to create my own studio for filming online workouts.'

**'Right now, I film three live classes and one pre-recorded workout a week, and I'd love to create more content if demand grows.** My favourite part of my job is coming up with the themes for workouts and deciding what music to jump around to next. People really buy into a retro hook whether they're doing a HIIT, Barre or dance class, because nostalgia often takes us back to happier, simpler times. And who doesn't want to do a Prince versus Madonna throwback class?! If you can keep people constantly sweating and moving without realising because they're having so much fun, that's a big win.'



### FRANKIE'S HOME FITNESS TIPS

- 'Make a workout playlist of your favourite tunes that fires you up for exercise and motivates you to move.'
- 'Once you find a style of workout you enjoy, book your online classes for the week ahead so you have some accountability to "turn up", in the same way that you wouldn't want to skip an in-person class and let your instructor down.'
- 'Get in the right mindset to work out by changing into a different outfit. Dressing up is fun, so if you're doing a retro workout, grab legwarmers, backcomb your hair and chuck some glitter on.'
- 'During lockdown, it was fine to use tins of beans as weights. But if you're continuing to exercise from home, invest in some equipment. A good, comfortable mat is essential.'



Life

**'I get up, have a cup of coffee, then work out for me with a freestyle mix of cardio, Barre, HIIT and stretching, or I'll do a Yoga by Adrienne session online.**

After a shower, I'll have something warm for breakfast like crumpets, or I'll eat a Nakd Peanut Delight Bar during the 20-minute walk to my studio.'

**'Before the pandemic, I was running from studios to workshops and my life was all over the place.** Now, I love having a central hub to work from. It's Covid-safe and accessible if there's another lockdown, and my director boyfriend doesn't have to listen to me jumping around

to loud music at home. My filming setup is at one end, and I have a desk at the other to work on admin and social media when I'm not recording.'

**'I call my studio the "time tunnel".'** I've decorated it to look like an 80s living room with green and pink pastel walls, coloured lighting, and lots of retro props and prints – you'll find me playing around with an inflatable palm tree and dolphin during my 80s Beach Barre class which gives the viewers a laugh.'

**'After dinner, my boyfriend and I settle in to watch the latest box set or movie together,** or I'll watch

something mind-numbing like *Modern Family* or *New Girl* on my own to switch off. I love visiting friends and family.'

**'I hate spending a fortune on eating out, so I prepare my meals at home.** I'm not particularly conscious about nutrition. If I want a big bowl of pasta, I will, especially as I work out for myself and others so much. But I do drink a ton of water to stay hydrated.'

**'For me, sleep is the most important thing ever.** I always prioritise getting eight to nine hours of sleep a night and will never ever compromise on that. If I have to go to bed at 9.30pm to get up at 6am, I will.'

**More information**

Drop-in classes at Everybody Glows cost £4 for 30-minutes and £6 for 45-minutes. Monthly membership costs £29.99 and provides unlimited access to all live and pre-recorded content. NHS and social care workers can access all classes for just £1 each; visit everybody glows.com

Photography: Mike Massaro; Workout apparel: Gazzo By Gazzo.