

FIND YOUR FITNESS TRIBE

Discover which bridal workout is best for you

If you haven't found your fitness 'thing' yet, don't worry. Whether you're a bride who likes exercise to be all about fun and games, or a focused bride on a serious mission to get fit, we've got a whole host of workout ideas to get you feeling inspired.



Work out at the pool without getting wet at a Floatfit class

THE SOCIALITE BRIDE

Joining a fitness club is a great way to make new friends – and if you're a social butterfly who wants to talk wedding with more people, then a group class is ideal.

Fitness and food

Wedding planning might be your favourite activity right now, but we bet brunching comes a close second. So what if there was a way of combining the two? Yoga Brunch Club hosts monthly classes, alternating between London and Bristol, where you can experience yoga followed by a three-course brunch. If this is what the yoga community is all about, then we can definitely get on board!

yogabrunchclub.com

THE FUN-LOVING BRIDE

If the thought of hours on the treadmill makes you want to yawn and/or cry, then you need to go for an activity that doesn't feel like an actual workout.

Down at the pool

Switch up an hour of tedious lengths of the pool for a water workout with a difference. Floatfit classes are popping up all over the country, in clubs such as David Lloyd and Fitness First, and they involve standing on a floating platform and performing a series of core-challenging moves. The novelty-factor (and trying your hardest not to fall off) will honestly make the half-hour session fly by.

aquaphysical.com

THE BUDGET-SAVVY BRIDE

If your budget is tied up with gold-foil invites and designer heels, you may not have much left for a gym membership. But there are plenty of ways to work out for free.

Run in the park

Motivating yourself to go out and pound those pavements can be hard, and telling yourself to keep going when you're only halfway around the block can be even harder. However, parkrun can set your running passion alight! Every weekend, across the country, parks are filled with enthusiastic runners completing a timed 5km course. The friendly vibe and volunteers make this free event a must-try.

parkrun.org.uk

THE ALL-OR-NOTHING BRIDE

If you're a focused task master when it comes to wedding planning, and want to give your fitness the same dedication, these hard-core options will be perfect for you.

The residential

Nothing will demonstrate your sheer determination to get fit and fabulous more than checking in for a weekend of exertion at Xtreme Bootcamps. Options available include weekend residential camps, as well as longer stays, if you prefer. Ex-military personnel will put you through your paces. Be prepared to become very familiar with burpees, press-ups and army crawling along the ground (yes, really).

xtremebootcamps.com

THE BUSY BRIDE

With wedmin swamping your diary, you haven't left time for your pre-wedding workouts (oops). Just 30 minutes each day is all you need to blitz some calories.

Sweaty sprints

Virgin Active holds an effective workout class called Run Tribe. It's a fast and furious approach to cardio where you complete a sequence of running drills on a treadmill for 30 minutes. Each member of the class is given a set of headphones to listen to a mix of motivational guidance from an in-your-ear instructor and some banging tunes, so you'll pick up the pace and smash the class!

virginactive.co.uk



Team spirit

There's something overwhelmingly empowering about an 'all-in-it-together' fitness class, and the legendary Barry's Bootcamp delivers that feeling in abundance. With a mix of running and weights, this A list-approved workout will get you fit, fast. After you've sweated it out to the max, you can retreat to the Fuel Bar for a healthy shake and a debrief with your fellow bootcampers.

barrysbootcamp.com



Dancing queen

Channel your inner Beyoncé and get your shimmy on at an amazing Seen On Screen dance class. The instructors are the best in showbiz, and after working with pop icons, they are there to help you bust some serious moves. As well as the cardio factor, your stomach muscles will be killing from laughing so much. Plus, your new fitness hobby could turn into a pretty fun hen party idea as well!

seenonscreen.dance



Instagram inspo

A quick Instagram scroll gives you access to fitness bloggers and top personal trainers from all over the world. Our favourite fitpiration comes from Zanna van Dijk – not only does she have killer abs, but she posts easy-to-follow videos. Save her posts for future reference while you're in the gym, or look out for her at-home workouts for simple, equipment-free moves to get you w-day ready.

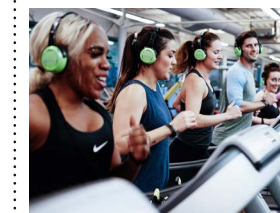
Instagram: [@zannavandijk](https://www.instagram.com/zannavandijk)



Spinning around

Not for the faint-hearted, the high-octane indoor cycling classes at Boom Cycle involve fast and furious spinning to the sound of pulse-racing tunes. The instructors turn the lights down low and shout motivational words of encouragement to help you through 45 minutes of gruelling pedalling on the bikes. The endorphins will be pumping through your body like you've never felt before.

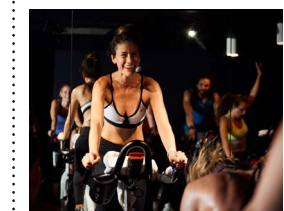
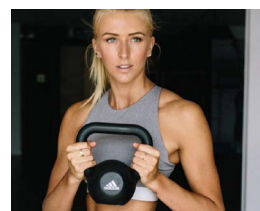
www.boomcycle.co.uk



Virtual PTs

If you can't even find enough time to make it to the gym, you can bring the gym to you (well, a personal trainer, at least). With The Wedding Series online programme from Results With Lucy, you can choose to embark on a three-month dedicated blitz or a 12-month get-fit regime. The plans will give you access to amazing cardio and body-weight workouts as well as tonnes of healthy eating recipes.

resultswithlucy.com



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