

celeb **CHAT**

Get STUCK IN

with **SHARON MARSHALL**

This month, TV soap expert – and diet enthusiast – **Sharon Marshall** aims to stay in shape by trying out fitness classes with an unusual twist. . .

Here at *Bodyfit* we like to check out the truth behind the world of showbiz.

Kelly Brook is said to owe her famous curves down to hula hooping, Hilary Swank turned into a Million Dollar Baby through boxing lessons and Christina Aguilera is currently showing off a serious showgirl shape on the screen thanks to learning her routines in *Burlesque*. Coach potato Sharon Marshall has neither the body nor the budget of the A-listers. But she did have a few afternoons free this month to try out their exercise regimes. Here, she reports back on whether the fitness classes that are claimed to work for the stars will give you the body you want. . .

BOXTOX

Boxing may seem like a sport for boys, but a class called BoxTox based around boxing moves was definitely my top class of the three I tried this month. I had a high intensity hour's lesson with Simon White, who's been coached by WBA world heavyweight champ David Haye. After an hour I felt like I'd done a few rounds with the big man too, thanks to an all-round cardiovascular workout of skipping, combinations of jabs, uppercuts, and left hooks, followed by combos of squats, sit-ups and yet more punching. An hour flew by filled with the sheer joy of hitting things. I know Simon said something really motivational and inspiring at the end, but regrettably, as my arms were hurting so much, I was unable to write any of it down. I do remember him saying women are often better than men at it though, as they usually prove more willing to learn boxing techniques rather than ploughing in and hitting everything in sight, so unleash your inner Hilary Swank! Classes are held with no more than four people and they cater from beginners to pros.

VERDICT: A great all-body toner for your core, legs and arms. I loved it so much I've signed up at the gym that offers it. 10

sessions cost £200, see nordicbalance.co.uk for more details about this London-based class.

BURLESQUE

Lets be honest, Burlesque class isn't really a workout – unless you can burn calories smiling – as it is brilliant fun. My class was taught by the rather fabulous Lady Cheek – Zoe Charles in her off-stage moments. In 60 minutes I learned how to walk in high heels (a much-needed skill according to some viewers of *This Morning*, who often complain I walk like a giraffe), plus how to take gloves off in a provocative manner using my teeth – all essential skills, which were combined in a cheeky routine at the end. I demonstrated the lot the next morning to a bewildered Gino d'A'Campo who was polite enough to mutter 'Bellissimo.' A one-off class is £8 and Lady Cheek offers an eight-week course for £200, which culminates in the class-goers performing as part of a troupe showcase at the legendary London burlesque club Madam JoJos.

VERDICT: Good cheeky fun and a brilliant idea for a hen night, but

you'll need to combine it with some serious gym work to get a Dita Von Teese-type figure. Bring your heels. Visit pineapple.uk.com for more information

HULA HOOPING

Fully expecting this one to be a silly fad class, I was pleasantly surprised by what I actually got. Hula hooping is incredibly hard work. I was taught by 'Chief Hula Hooper' at Polestars, Emma McCarthy, who reckons it's better than any sit-ups and has herself has gone down from a size 16 to a six. She says

class members following a six-week course lose an average of three inches from their waists. The weight-loss is probably down to the fact that you need to keep moving, or the hoop comes crashing down at your feet. So it's a constant two-hour class of CV activity, combined with the whittling effect of a hoop rolling around your waist. My stomach was killing me the next day.

VERDICT: A great, fun way to get bikini-ready for the summer. Six two-hour classes cost £140. For details of classes nationwide log onto polestars.net

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