

Toned and terrific in 45 minutes!

By Jaishri Johnstone
DRUM roll please ... Introducing Lagree Fitness, brought to you by Studio 45 Fitness, a unique fitness workout that shapes, tones and leaves you feeling terrific in 45 minutes! Originating from the US, Lagree Fitness is now in New Farm, and is here to provide Brisbanistas the best darn bodies out.

This 45-minute receipt of goodness allows you to burn up to 700 calories in one short session, after which you walk out of the studio with your muscles screaming "THANK YOU" and your body burning and changing into defined awesomeness. Think of Lagree Fitness as combination of Reformer Pilates, Crossfit and Cardio training, mix in a burn like you've never felt before and that's only the first 5 minutes of class!

It's like no other workout out there and I can say this firsthand after my session with Studio 45 Fitness. I was shocked to find my muscles screaming within the first few minutes of class and notice tiny beads of sweat forming on my body. All I can say is, watch out Brisbane, I can feel my lean and mean muscles growing - without suffering the wear and tear on my joints. With a massive focus on core and bum, I can see why this has already taken the US by storm.

When I entered Studio 45 Fitness the lovely Mark and Tara, owners of my new lifesaver, greeted me. They have nothing but utmost pride and belief in what they have to offer. Mark and Tara say that in the US, this fab workout has been developing for more than 12 years and that Lagree Fitness is loved by many, including celebrities, professional athletes and anyone juggling a busy life. Mark and Tara say their new studio on Brunswick St, New Farm, offers a workout that can't be replicated anywhere, well except if you're visiting them in their other location (Bulimba). Regardless of which studio you visit, Studio 45 Fitness is the only place in Queensland to offer Lagree.

"As soon as we first tried Lagree Fitness in Southern California it transformed our lives forever," says Tara. "We were members in the States for years, worked hard to perfect the method and made the move. Mark, who is from Brisbane, knew from the start that Queenslanders would just fall in love with this new way of training."

All of the exercises are performed on the Megaformer, and are original and exclusive to Lagree Fitness Method. Tara says this is what makes the workout unique. "The Megaformer incorporates strength



Mark and Tara in front of their New Farm studio.

and conditioning training, as well as cardio and stretching into every movement," she says. "You can never get bored as nearly every class has a new set of exercises and our members get one-on-one attention with motivational support whenever needed."

This workout is suitable for all men and women wanting to take their fitness to a higher intensity and to look toned and terrific. Tara is walking, talking and practising proof of how amazing Lagree Fitness is, having dropped an impressive

20kg by applying the Lagree Fitness Method. "It changed my life," she says.

Brisbane, how lucky are we? Go and visit Mark and Tara at their funky and friendly New Farm studio, located on Brunswick St opposite Gerties. Mark and Tara welcome all, including bootcampers, Pilates buffs, gym-goers, mums and students. "We are here to take you through your own personal fitness journeys and we have the utmost respect for your fitness abilities."
www.studio45fitness.com.au



\$10
Intro
Class

STUDIO 45
FITNESS

Do you have 700 calories & 45 minutes to *burn*?

This core targeted, high-octane, shirt-drenching workout will strengthen your body, tighten, lengthen & tone your muscles, burn fat, improve endurance plus jump-start your metabolism!

Studio 45 Fitness offers Lagree Fitness, the most innovative & dynamic 45-minute workout straight from the USA! Loved by celebrities, professional athletes & anyone juggling a busy life, Lagree Fitness represents the most aggressive approach to optimal body sculpting & absolute body transformation. A vigorous fitness program that fuses the principles of Reformer Pilates with strength, cardio, & resistance for full body conditioning.

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